
Better Homes and Gardens.
DECEMBER 2015
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IDEAS FOR CRAFTS, FOOD, AND DECOR
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CRAFTS WITH RIBBON & PAPER
HAVE A BALL!
Ribbon Ornaments
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TIPS FOR **STRESS-FREE GIFTING** FROM **RACHAEL RAY**

TIME TO GET FESTIVE! With all the parties, cooking and decorating, it's easy to put off one of the season's most important traditions: gift giving. Don't worry, you've got this. You can count on the **United States Postal Service®** to save you time and money—so you don't miss a single merry moment this holiday season. Check out these tips and tools to help you get started.



1 PACK LIGHTLY

Traveling for the holidays? Avoid pricey baggage fees by shipping gifts ahead of time. It's simple with these free holiday **USPS® Priority Mail Flat Rate®** boxes.



2 DISH UP SOME FUN

Nothing says hostess gift like your favorite meal—try a party-pleaser like lasagna and gift it in a pretty serving dish. Can't attend? Send a cookbook filled with your favorite recipes. Visit **USPS.com®** to send a gift in three steps:

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2) Use the Click-N-Ship® option to pay for postage and print shipping labels
3) Schedule a free Package Pickup**

Easy peasy!



3 HOST A GIFT-WRAPPING PARTY

Invite friends, turn on some holiday tunes and get creative! Swap traditional wrapping paper for butcher paper, trade bows for baker's twine...the possibilities are endless. Pressed for time? Visit **The Postal Store®** at **store.usps.com** for everything you need to ship your packages. They even have free holiday themed boxes so your package arrives with a festive touch!

4 GET A HEAD START

A little organization goes a long way. Start small: update your contacts before December and always have your to-do list handy. With **My USPS**, you can manage your deliveries and sign up to receive real-time delivery notifications*** from the **USPS®**, so you'll know right when your packages have arrived. Register for free now at **my.usps.com**. Your to-do list just got shorter.



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tie one on
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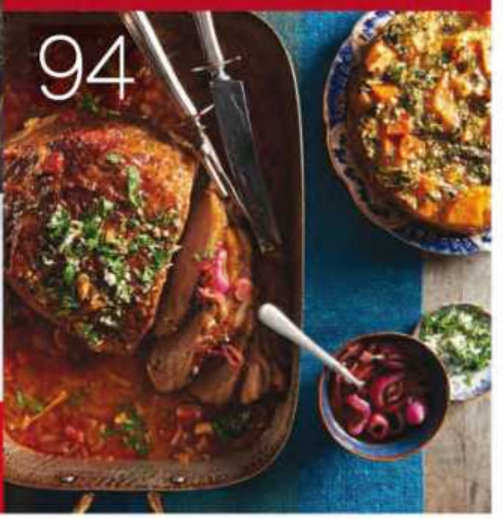
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editor's letter

handed down

I have a hidden talent—I know how to cut intricate paper snowflakes. I'm not very crafty otherwise, though I greatly admire folks who cut, stitch, and hot-glue beautiful things out of humble materials. I wasn't raised in a home where we made many holiday decorations. Our yuletide tradition was for my father to take us to the local department store for the after-Christmas clearance sales. I remember my mother's dismay when we found a life-size plastic soldier for the living room.

As the youngest of four, I headed up the Christmas decorating, a task I enthusiastically geared up for after Halloween. I wound tinsel garland around banisters. I helped my dad wrap candy cane ribbon and lights on porch pillars. I dragged all the ornament boxes out of the attic and loaded our tree until it sagged. Although nothing matched in color or style, each decoration had a story. And tucked among those store-bought ornaments were the odd few that we had made in elementary school or in an art class—each imprinted with shared years and good memories.

Maybe that's why I'm most drawn to stories of family traditions, especially those that are handmade. What could be more special in this age of online shopping and overnight everything than a gift or a decoration constructed with our own hands? These are the meaningful details that launch family traditions for years, if not generations. My snowflakes themselves aren't so long-lasting. But that's OK by me. It's the act of cutting—and finding little triangles of confetti for months to come—that makes me feel like I'm fully in the season and continuing a holiday tradition I'll never retire.



Stephen Orr,
Editor in Chief
instagram @steporr | twitter @orrsteporr

LETTERS & COMMENTS *BHGEditor@meredith.com*
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Watch Stephen show off his **snowflake skills.** *BHG.com/CutSnowflake*

We're hosting the world's largest **cookie exchange!** Join us in the baking merriment, get free recipes, and nab free tags for your tray. *BHG.com/BakingParty*

You made it, and we want to know! Show us a project or recipe inspired by this issue, and we might share it. *#BHGDecember*

Celebrate winter beauty by sharing your **frosty shots** on Instagram. We'd love to regram you! *#BHGCelebrate*

We've tracked down the best **innovative products** to make your life smarter, safer, better. Check out our Editors' Choice picks. *BHG.com/EditorsChoice*



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our picks on bhg.com

SOUTHERN CHRISTMAS
Peek into a Georgia Christmas home to see how a few spools of red ribbon transform a tree, plus how cottage-style decorations flow from kitchen to bedroom.
BHG.com/HolidayTour

31 BEST BAKING TIPS
Use a ruler for perfect slice-and-bake cookies. It's easier to chop peanut butter cups when they're slightly frozen. Get these and 29 more Test Kitchen tips. *BHG.com/BakingTips*

COOKIE SEASON
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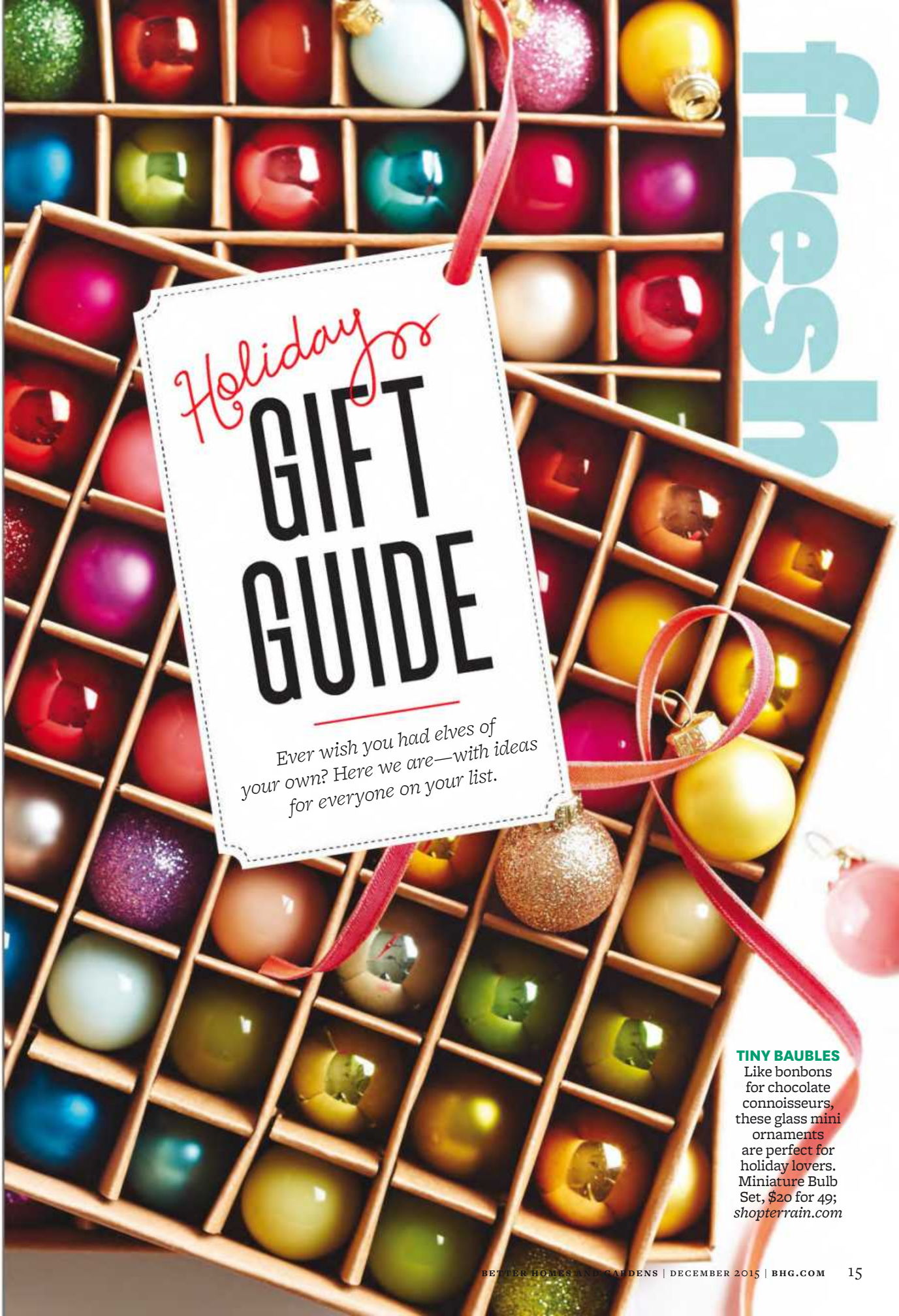
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Holiday GIFT GUIDE

Ever wish you had elves of your own? Here we are—with ideas for everyone on your list.

TINY BAUBLES
Like bonbons for chocolate connoisseurs, these glass mini ornaments are perfect for holiday lovers. Miniature Bulb Set, $20 for 49; *shopterrain.com*

BY DIANA DICKINSON, KATHERINE PUSHKAR, AND CHRISTINA POLETTO; PHOTOS BY GREG SCHEIDEMANN AND BLAINE MOATS; PRODUCED BY KYLEE KRIZMANIC



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Sunglasses Bendy frames are practically unbreakable. Traveler by Toms in Florentin Matte Pink, $78; *toms.com*

Hats Multicolor pom-poms top these cute and cozy knit hats. $28 each; *verloopknits.com*

Portable power A Bluetooth speaker, phone charger, and flashlight in one waterproof device. Buckshot Pro, $79.95; *amazon.com*

Clutch This Buffalo plaid zip-fold clutch is just the right size for a tablet. $119; *talbots.com*

Scarf Ward off winter in style with this 6-foot-long scarf. Revival Stripe Wool Scarf, $70; *faribaultmill.com*

Phone lenses Take sharper photos with snap-on wide-angle and telephoto lenses and a case with a shutter button. Moment Lenses, $99.99 each, and Phone Case, $99.99; *momentlens.com*

Bike repair kit Tire levers, multifunction tool, rubber solution, wrench, patches, and instructions in a pocket-size tin. $24.95; *papersource.com*



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THE MIXOLOGIST

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JUST ADD RUM
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BINDERS, KEEPERS
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Grab a mug and stir one of these batter balls into 8 oz. boiling water and 2 oz. of your favorite rum. $12 for six; *shiptoshoremerchants.com*

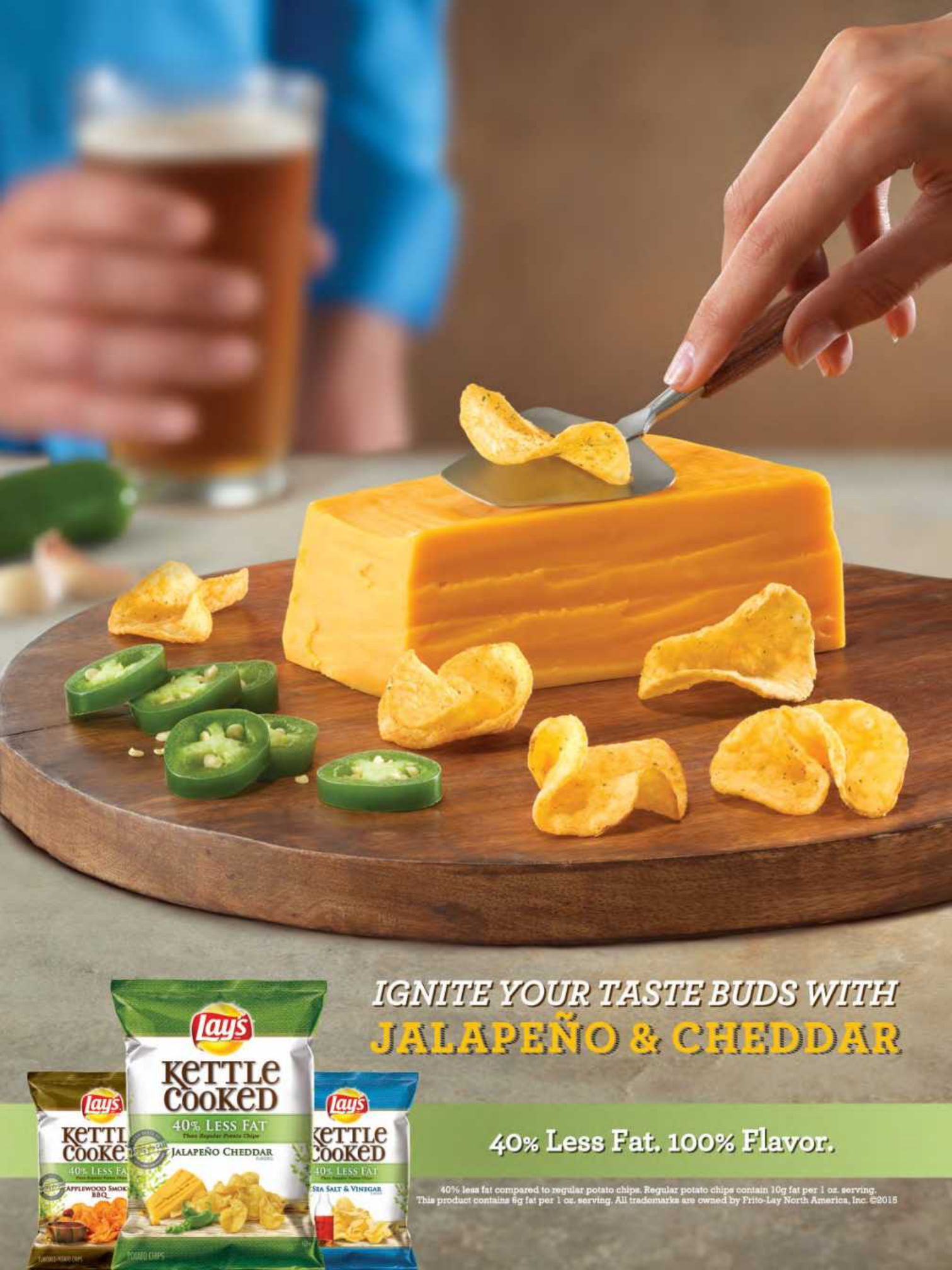
Coasters Colorful and eye-catching Chroma coasters protect with style. $12 for four, Caroline Gardner; 843/815-2289

Candle When candles named for classic cocktails burn out, use the glasses for their namesake drinks. $16; *paddywax.com*

Bluetooth speaker
The Bass Egg uses good vibrations to turn any surface into a speaker. The bigger (and less dense) the surface, the better. Bass Egg, $99, and Egg Shell case, $12.95; *bassegg.com*

Wine stoppers Put your initial on it with two-tone metallic stoppers. $4.99 each; Target stores

Cocktail binder
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SALAD DAYS
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TOOL TRIO
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Tea towels Pretty and tough: Printed with dye, these vibrant cotton-linen towels won't fade when washed. $35 each; *yaochengdesign.com*

Spice blends Up their meat game with inspired mixes and rubs. $51 for six; *shop.justcookfoods.com*

Fruit tools For the gadget geek: A citrus zester, melon baller, and apple corer handmade in Thiers, France. L'Econome Fruit Set, $45; *flotsamandfork.com*

Salad servers Trendy greens come and go, but these polished horn servers will always look good. Circle Horn Servers, $55; *jaysonhome.com*

Apron This is the ultimate: durable two-tone fabric, adjustable straps, brass hardware, pockets, and a towel strap. Sweet Pea Apron, $105; *hedleyandbennett.com*

Spice and chocolate set Dark chocolate paired with a blend of French herbs and Fleur de Sel salt makes an irresistible sweet and salty gift. Set includes four bars and two 1-oz. spice vials. $45; *selmagique.com*

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WELL ADJUSTED A knot fastener means this works with any neckline.

A little layer of warmth plus a whole lot of style. *Material Girl Puffer Vest, $59.50; macys.com*

HEAR, HEAR These over-the-ear headphones go over earrings, too.

Lip gloss Plexi-Gloss delivers five hours of pigment-packed color and reflective shine in 35 shades. $19 each; *makeupforever.com*

Necklace Minimal white cord-and-gold design is both polished and a little rock 'n' roll. Gold Standard Necklace, $38; *mooreaseal.com*

Brushes Top-notch brushes for the discerning makeup artist. Sets, starting at $19.99, and Rising Star Brush Cup, $12.99; *target.com*

Headphones Serious ear candy set includes headphones, two pairs of decorative headphone caps, and one blingy pair of earrings. Frends x BaubleBar Headphones, $175; *baublebar.com*

Bag Compact size, bold color, and fun fringe add up to a big (little) winner. Hobo Twilight Wristlet, $98; *hobobags.com*

Tassel earrings Dangling dazzle for your favorite modern flapper. BCBGeneration Tassel Earrings, $28; *dillards.com*

Bath oils Aromatherapy bath and shower oils relax, de-stress, and revive. Ultimate Bath Jewels, $98 for 10; *spacenk.com* ■

































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SCENTS OF STYLE

You can tell a lot about a woman from her shoes. And perfumer Sarah Horowitz can pick a fitting scent based on the recipient's favorite pair.

BY ELLEN MILLER



ANKLE BOOTIES
"Heavier florals make this trendy, but not over the top." Tory Burch Absolu Eau de Parfum Spray, $100 for 1.7 oz.; *toryburch.com*

BALLET FLATS
"This one is playful, but still classic." Chanel Chance Eau Vive Eau de Toilette, $97 for 3.4 oz.; *chanel.com*

SNEAKERS
"Basically the easiest scent to wear—ever." Perfect Veil Eau de Parfum, $75 for 1.7 oz.; *ronrobinson.com*

MOTO BOOTS
"This is unisex; it starts off strong and a little masculine but dries down to a soft, feminine vanilla." 0.2 Eau de Parfum, $80 for 50 ml; *opoint2.com*

POINTY PUMPS
"The scent complements but never overpowers." Bottega Veneta Knot Eau Florale, $125 for 1.7 oz.; *nordstrom.com*

STRAPPY HEELS
"Floral plus spicy equals sexy." Jimmy Choo Illicit Eau de Parfum, $85 for 60 ml; *sephora.com*

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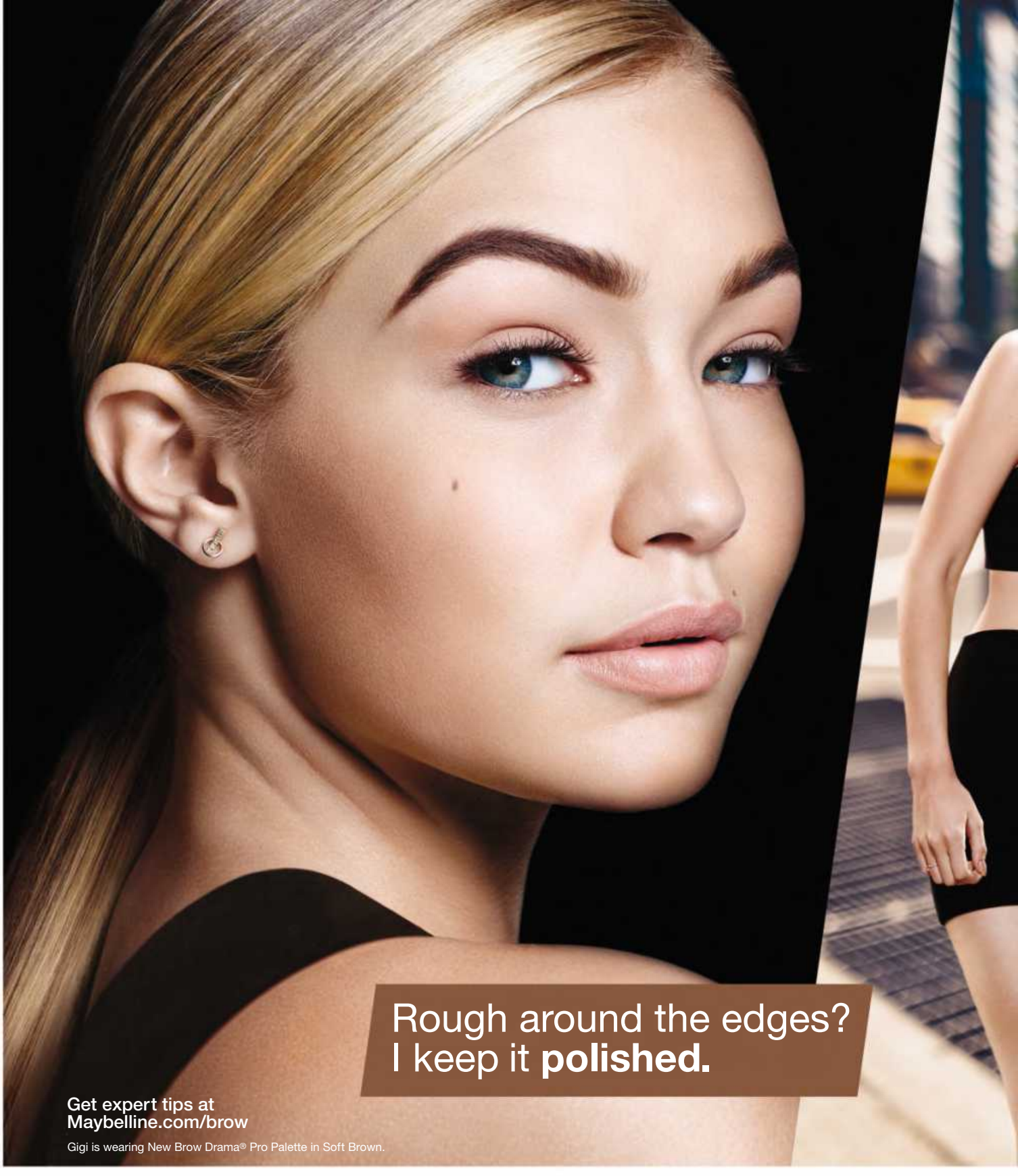


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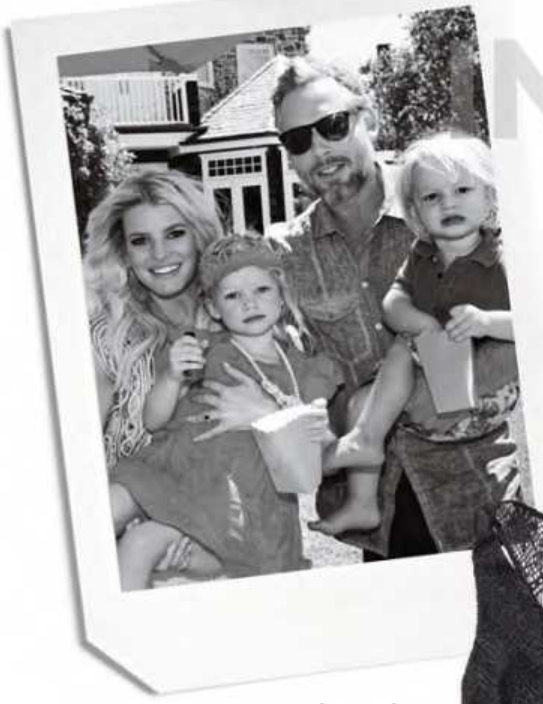
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jessica simpson

CEO and creative director of the Jessica Simpson Lifestyle Collection, entertainer, wife, and mom of two

BY ELLEN MILLER

HAPPY ANNIVERSARY! "It's been 10 years, and I've been involved in every part of the collections, from inspiration to design to what goes on the shelves. I listen to my team—but I also trust my instincts."

WHY HOME? "My new home collection is a passion project for me and my mom. We've always had a passion for decor. We just added 100-percent-USA-made towels, with cotton grown in Texas—they are made in the last cotton towel plant in the country."

GO-TO PARTY MAKEUP "I always feel sexy with a Brigitte Bardot eye—which is why I own more Chanel eye shadow palettes than I probably should. I complete the look with a nude Nars lip pencil and Shiseido bronzer." Chanel Les 4 Ombres Quadra Eyeshadow, $61; *chanel.com*. Nars Velvet Matte Lip Pencil, $26; *narscosmetics.com*. Shiseido Bronzer, $35; *shiseido.com*.

HOLIDAY STYLE "I am a Griswold! I light up every nook and cranny of my house and trust that Santa pays the bill. For the past 10 years, I have kept all my Christmas decor white—even the poinsettias."

FAVORITE TRADITION "Eric has a huge family, so it's fun to go to Boston to visit everyone. But whether we're in L.A., Dallas, or Boston, I always make my mom's broccoli and rice casserole for our families. I might even use Cheez Whiz in there!"

"Being together is the most important part of the holidays."



From the Moon and Star Stud Set, $28; *jessica simpson.com*







DRESS CODE
"My party uniform: A black dress with fringe. Statement heels add that wow factor." Dress and shoes, $138 and $98; *jessicasimpson.com*



MOM MODE
Jessica with husband Eric Johnson and kids Maxwell and Ace



SO CLUTCH
"My friends get jewelry or a great handbag under the tree." $68; *jessicasimpson.com*





PHOTOS: (FAMILY) KRISTIN BURNS, (SHOES, DRESS, CLUTCH, EARRINGS) MARTY BALDWIN


FIND WHO YOU
HAVE NOT YET
BECOME.
Toyota Corolla | toyota.com/corolla
TOYOTA
Let's
Go
Places
Options shown. ©2015 Toyota Motor Sales, U.S.A., Inc.

Want to throw a swanky cocktail party while keeping your cool? Husband-and-wife cocktail caterers Dan Scott and Marie Buck Scott of L.A.'s The Whaling Club share their stylish shortcuts. Hint: It all starts with the bubbly.



Dan's pick for an affordable pour: Domaine Parigot & Richard Crémant de Bourgogne Blanc de Blancs; about $20 a bottle.

pop-up party

HOLIDAY SPEAKEASY

BY KATHY BARNES | PHOTOS DAVID TSAY
PRODUCED AND STYLED BY KYLEE KRIZMANIC
FOOD STYLING BY JILL LUST



TogetherWeEat.com

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Want to enjoy your own party? Keep it simple. One basic drink, a make-ahead buffet, and a jazzy playlist.







JUST A NIBBLE Marie's secret to keeping things simple is to serve food that doesn't require heat, a seat, or flatware. Her take on classic cocktail party fare includes roasted Marcona almonds, warm Brie with figs, marinated feta and olives, and deviled eggs updated with sriracha and crumbled bacon. Dark linens and slate boards make any food look extra-fabulous. Slate Cheese Boards, $9.95 and $29.95; *crateandbarrel.com*

MEASURING UP Dan's must-have tool for measuring cocktails is this handy jigger, *top*. He sends each guest home with one, plus a booklet of his best drink recipes. (Download the booklet at *BHG.com/CocktailKit*.) Japanese Style Jigger, $8.95; *cocktailkingdom.com*

BUCKET BOUQUET Fill an ice bucket with flowers for an impressive but easy centerpiece, *above*. Keep the arrangement loose and add textured foliage such as dusty miller, seeded eucalyptus, or even snips from your Christmas tree.

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Focaccia

CRACKERS

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THE ULTIMATE PARTY TRICK

Make like a millionaire and pour a champagne fountain (on a tray for less mess). This one took about three bottles.



WASTE NOT Arrange coupe glasses so the bowls touch and the feet cover the spaces between the rims of the layer below.

FREE PARTY KIT
Send guests home with a booklet of Dan and Marie's best cocktail recipes.
BHG.com/CocktailKit

MEET DAN AND MARIE Working in the hospitality industry for years, Dan and Marie learned a thing or two about how to pour a drink. Two years ago, the couple started hosting reservation-only cocktail parties out of their apartment. The concept caught on and led them to launch The Whaling Club, *thewhalingclub.com*, a cocktail catering company. "We do well-made drinks and bring them to the people," Dan says.

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Three cheers!

One good bubbly, three liqueurs—three easy cocktails.

Add a splash of liqueur to about 4½ oz. champagne. *From top:* St. George Spiced Pear Liqueur, about $38; Giffard Vanille de Madagascar, about $25; and Combier Crème de Cassis, about $15. ■

HANG ON
Skewer small garnishes with two parallel toothpicks and slide over rim.

2015 *Better Homes and Gardens* **Stylemaker Celebration**

This September, *Better Homes and Gardens* hosted its 4th annual Stylemaker Celebration in New York City. Our favorite lifestyle, entertaining, food, and home bloggers joined our editors and style influencers for a day-long workshop, sponsor experiences, and a cocktail party with our September cover star, Brooke Shields, where guests mingled and Instagrammed.





September Issue Cover Model Brooke Shields & Editor in Chief Stephen Orr



Photos courtesy of: ©Avi Gerver Photography



Vera Bradley Style Lounge



Ask the Editors Q&A



Simply Beverages™ Breakfast Bar



Photo-Worthy Floral Workshop

Presented by: Simply Juice Drinks. Vera Bradley



Ten lucky readers will **win the gift bag from the event**, including these products and/or offers from our partners:

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- *Color + Pattern* by Kristian Howell
- Dering Hall tape Measurer & card
- Developlus Anti-aging Hair Treatment System
- Forest Feast Recipe Cards, Meal Planner or Calendar
- Grey Ghost Bakery Cookies
- Hansgrohe Radiance Select S 120 AIR hand shower set
- Honest Beauty™ Beyond Protected SPF 30 Daily Beauty Fluid Sheer Tint & Truly Kissable Lip Crayon
- King Bean Whole Bean Coffee
- The Laundress Wash & Stain Bar and Stain Solution Sample with Tip Card
- Lee® Gift Certificate for One Pair of Jeans
- Mott's Snack & Go Natural Applesauce Pouch
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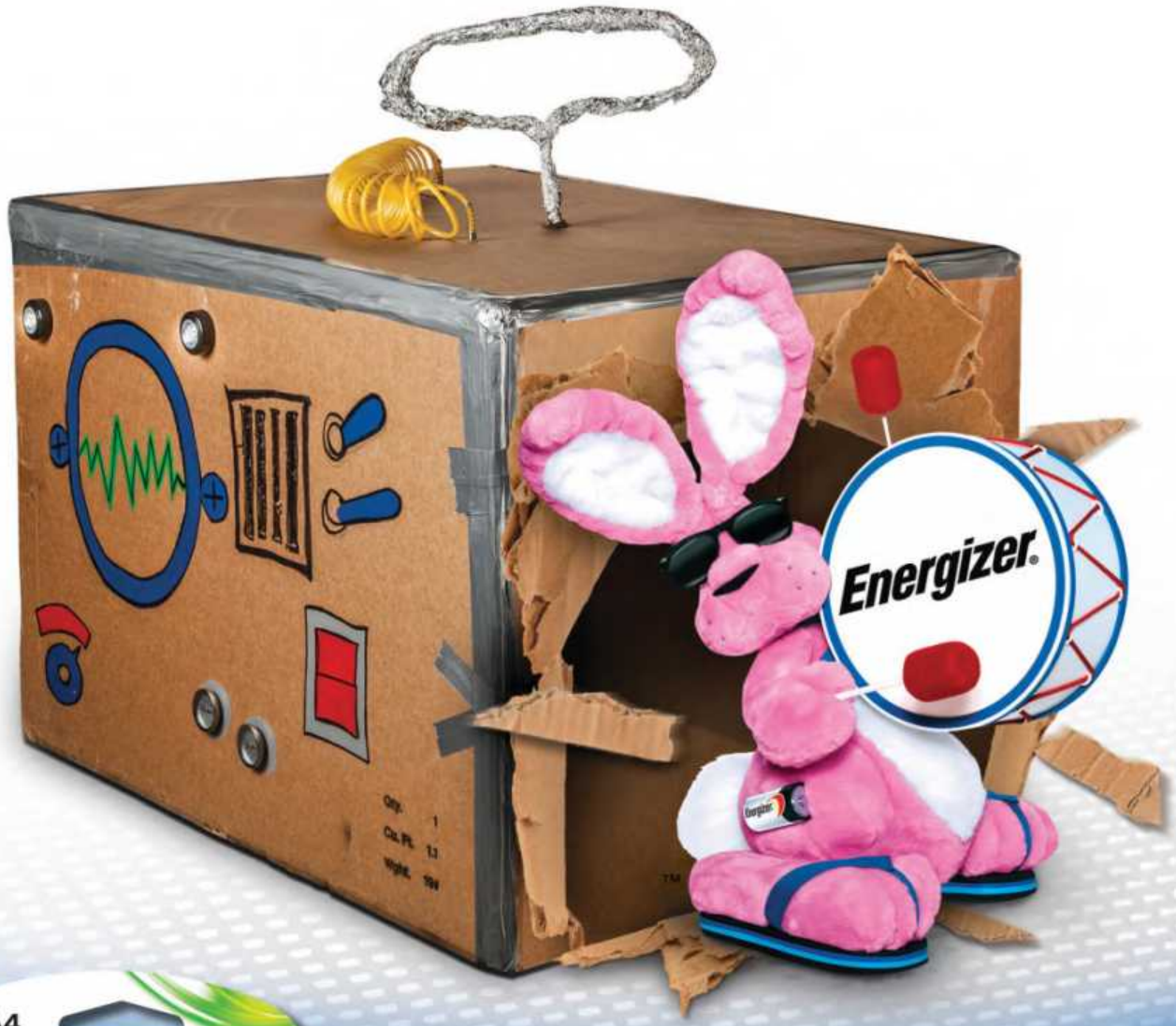
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holiday



1 EXPRESS YOURSELF Stacey Blake goes bright and bold with the tree in her North Carolina home. "Everything I do is colorful," she says. "I like to take a few risks with my decorating."

10 THINGS TO LOVE

merry & bright

From eye-popping decorations to everyday activities, this family stretches holiday fun all through the month of December.

BY JODY GARLOCK | PHOTOS DAVID LAND
STYLING CHRISTINA WRESSELL



2 WELCOME HOME
At the front door, *left,* Stacey's playful style is on display in two boxwood wreaths joined with ribbon and embellished with bright ornaments. "It was an easy way to add a little wow," she says.

3 SEIZING THE MOMENTS
Multitasking keeps the holidays humming for the Blakes. *Below,* Stacey wraps gifts while Andre (who is often gone during Christmas due to his military job) reads to the boys.

THERE'S A LOT OF HAPPY

in Stacey and Andre Blake's Fayetteville, North Carolina, home. Bright colors, a steady stream of cookies and Jamaican rum cake, and an enjoy-the-moment attitude keep stress from creeping in. The Blakes are a two-kid family (Zion is 6; Ian, 3), but you can add Stacey and Andre to the mix during the holidays. "We all love Christmas," Stacey says. She has the decorations up by Thanksgiving to give the family more time to celebrate since Andre often misses the holidays due to his job in the U.S. Army Special Forces. Pink, green, and orange ornaments keep the mood upbeat and layer more fun into already colorful rooms. "That's just who I am," says Stacey, who blogs at Design Addict Mom. As soon as the star topper is on the tree, her mind races with ideas for the "alternative" tree she crafts from paper, yarn, or whatever speaks to her. Andre expresses his inner artist by drawing elaborate Christmas scenes on a chalkboard wall. For Stacey the drawings mean one thing: "It's a sign that Daddy is home. We embrace that, and enjoy every little moment the season brings."



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4 BOLD STATEMENT The orange sofa in the living room goes against the usual decorating rule of keeping large pieces neutral. "Orange is my favorite color," Stacey says. "I say go for whatever works for you or your room."

5 EASY FLOW Christmas decorations play off the home's everyday decor, right down to trees on the mantel that pick up the pink, blue, and yellow of pillows on the sofa.

November Skies 2128-50
Benjamin Moore



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Orange Crush CI224
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6 TRADING SPACES Good-bye, seldom-used formal dining room; hello, playroom, *left*. Stacey redefined rooms to give the boys a place to play and create. The small tree is theirs to decorate however they want.

7 IT'S A DRAW A chalkboard wall for the kids' doodles becomes Andre's art canvas, *below left*. Scenes of the three wise men riding into Bethlehem on camels or Santa flying in his sleigh delight guests and the boys.

8 NOTE WORTHY Stacey challenges herself to a simple tree art project every year. When colorful sticky notes caught her eye, she knew she had this year's material, *below*.





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TRY THIS
As cards arrive in the mail, clip them to a ribbon to make a garland of personalized messages.

9 BRIGHT SPOTS
"I always gravitate to simple," says Stacey, who adds holiday cheer with small splashes of color. The sunroom mantel, *right,* looks festive and fresh with cut amaryllis and ornaments in clear glass vessels.

10 DAILY TREAT
A download-and-assemble village (*mrprintables.com*) counts the days until Christmas, *below.* Each morning, the boys eagerly claim the little surprises Stacey hides inside. ■

CHRISTMAS THEMES TO TRY
Tour four Christmas homes that cover the style spectrum, from cottage to traditional.
BHG.com/HomeTours



"I MIGHT BE A REBEL when it comes to color. I can't remember the last time I did red and green at Christmas. I'm all for making new traditions."

Stacey Blake

Dear Sam,

The pressure you put me under is too much.

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Sincerely,

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HUE GO Hello, high-tech portable mood lighting. It's the newest member of the Hue Smart LED family (app-controlled color-changing lights). $99; ***meethue.com***



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We've done the hard work to find the tech products that will make a real difference in your life. Check out all our Editors' Choice picks. BHG.com/EditorsChoice

WATCH OUT

Need a new show to curl up with after the kids go to bed? We've got these binge-watching picks queued up.

IF YOU LIKE:
The Mindy Project

CHECK OUT:
Catastrophe

Just like *TMP*, this half-hour show is funny, surprising, and smart, smart, smart. Billed as a rom-com for people who hate rom-coms, it's about Rob and Sharon (like Mindy, the actors' real names), whose weeklong fling results in a pregnancy. American Rob asks Irish Sharon to marry him. Nobody thinks this is a good idea, but you'll be glad they went ahead with it.

WATCH ON
amazon.com
(Missing Mindy? Stream on hulu.com.)

IF YOU LIKE:
Boardwalk Empire

CHECK OUT:
Peaky Blinders

Let's face it, the one thing *BE* lacked? Eye candy. Enter Cillian Murphy, in a similar based-on-real-people series, only with an English accent. The Peaky Blinders (the name comes from their hat style) were a post-WW I gang in Birmingham, England, and the show tracks Peaky boss Tommy Shelby—and those disconcerting blue eyes—over three seasons of power grabbing and treachery.

WATCH ON
netflix.com

IF YOU LIKE:
Friday Night Lights

CHECK OUT:
Bloodline and *Nashville*

It's like your favorite couple—Coach Taylor and wife Tami—split up, and you get to stay friends with both.

Kyle Chandler does his intensely honorable thing in *Bloodline*, as a second son cop trying to sort out his Southern Gothic family.

WATCH ON *netflix.com*

In *Nashville*, Connie Britton is a 40-something singer trying to stay a star. And her hair is even more amazing.

WATCH ON *hulu.com*

IF YOU LIKE:
Mad Men

CHECK OUT:
The Hour

It's 1950s Cold War London, and the BBC has just launched a nightly news magazine show. Follow the behind-the-scenes drama as the staff navigates espionage, murder, conspiracy theories, and the requisite love triangle. Snappy dialogue, well-woven historical details, and a cast headed by Dominic West, Romola Garai, and Ben Whishaw. We're hooked.

WATCH ON
amazon.com

ILLUSTRATION: MORGAN LEVINE

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blue christmas

The challenge: Decorate a blue room for a holiday home tour. Our take: Bring in a touch of frost and a warm glow.

BY CANDACE ORD MANROE | PHOTOS KIM CORNELISON
PRODUCED BY LINDSAY BERGER | STYLING EDDIE ROSS

A display of LED battery-operated candles that turn on and off with a remote control (*pier1.com*) conjures a no-fuss, instant faux fire.





What you don't know about La-Z-Boy *could fill a room.*



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A DUSTING OF SNOW,

a festive sparkle, and a warm, welcoming scene: What could be more magical than the inside of a snow globe? Only this living room in Cathy and Steve Lacy's home, one of the stops on a holiday home tour in Des Moines. (Steve is chairman and CEO of Meredith Corporation, our parent company.)

To complement the serene year-round palette, we created a shimmery winter scheme in frosty blues and metallics. Ornaments, accents, and package wrappings all incorporate variations of blue, green, silver, and gold. For the sharp scents and soulfulness of a real tree and cut boughs, we scrolled back to the '50s and chose a flocked blue spruce. Cool-hue ornaments hang from the snowy branches of this gentle giant. And spray-on flocking worked magic on the mantel garland, frosting our forest tableau of cone-shape mercury glass trees.



A petite crafts store tree brings sparkle to a tabletop without weighing it down.



A winter wonderland theme connects blue baubles with foxes and other forest creatures nestled on "snow-covered" boughs, *left*. The effect carries over to a tabletop tinsel tree, *above*, filled with mini ornaments in a similar palette. Finish a small tree with an easy shimmery paper skirt: Fold glitter paper into pleats, clip both ends at an angle, unfold, wrap around the tree base, and staple ends together.

COPY THE LOOK

See the DIY details—making the icicle garland, using ornaments around the space, and more. ***BHG.com/BlueChristmas***





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VICKS



Step inside a holiday home

Discover more holiday decorating ideas at a public, fund-raising tour in your area. Here's a selection from across the country:

ASHEVILLE, NC
Christmas at Biltmore
America's largest home features a 35-foot-tall tree. *christmas.biltmore.com*

COLORADO SPRINGS, CO
Old North End Holiday Home Tour
Visit four historic landmarks in the Old North End Neighborhood. *csholidayhometour.com*

DES MOINES, IA
Holly & Ivy
A 22,500-square-foot historic house museum is decorated every year, along with other notable homes and businesses. *salisburyhouse.org*

JEFFERSON, TX
Candlelight Tour of Homes
See antebellum homes, a train exhibit, and 100 decorated trees. *jeffersoncandlelight.com*

MURFREESBORO, TN
Oaklands Christmas Candlelight Tour of Homes
Tour homes, churches, and the historic house museum—a former plantation home. *oaklandsmuseum.org*

PASADENA, CA
Holiday Look In Home Tour
Local floral designers present four homes and gardens. *pasadenaholidaylookin.org*

PHILADELPHIA, PA
The Charms of Fairmount Park
All six homes are from the 18th and early 19th centuries. *parkcharms.com*

SALEM, OR
Christmas in Salem
Thirteen stops and a series of events comprise this tour. *christmasinsalem.org*

ST. AUGUSTINE, FL
Tour of Homes
Celebrate the city's 450th anniversary with this walking tour of historic homes and landmarks decorated with natural materials. *gardenclubofstaugustine.org* ■

For complete buying information: *BHG.com/Resources*

Only one thing can make them forgive and forget this holiday.

Temptations



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crimson tidings

Move over, red and green. How about red and more red? And hot pink. And coral. Now there's a palette that's ready for a party.

BY AMY PANOS
PHOTOS GREG SCHEIDEMANN
PRODUCED BY EDDIE ROSS
FOOD STYLING BY JENNIFER PETERSON

GET THE RECIPE
Punch is back, in a big way. Get the recipe for this ruby red beauty. *BHG.com/DecPunch*

Ombré icing makes a sweet even more stunning. (The cake? Red velvet, of course.)

CAKE PLATE $16.99; *homegoods.com* **NAPKIN** Festival in Raspberry, $58 for four; *sferra.com* **GOBLET** Arabella Ruby Tumbler, $29; *juliska.com* **GLASSES** Copper Chemistry Glass, $22 each; *store.dwell.com*
PUNCH BOWL 10-piece set, $100; *surlatable.com*
WREATH Lipstick Red Wreath, $108; *treetopia.com*
ORNAMENTS *thewhitehurstcompany.com*



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GOLD AND COPPER amplify the energy of red. Pinks and oranges make it playful. Permission granted to mix them all!



Large leaves like begonia cut the fuss factor in a flower arrangement and kick in a contrasting texture.



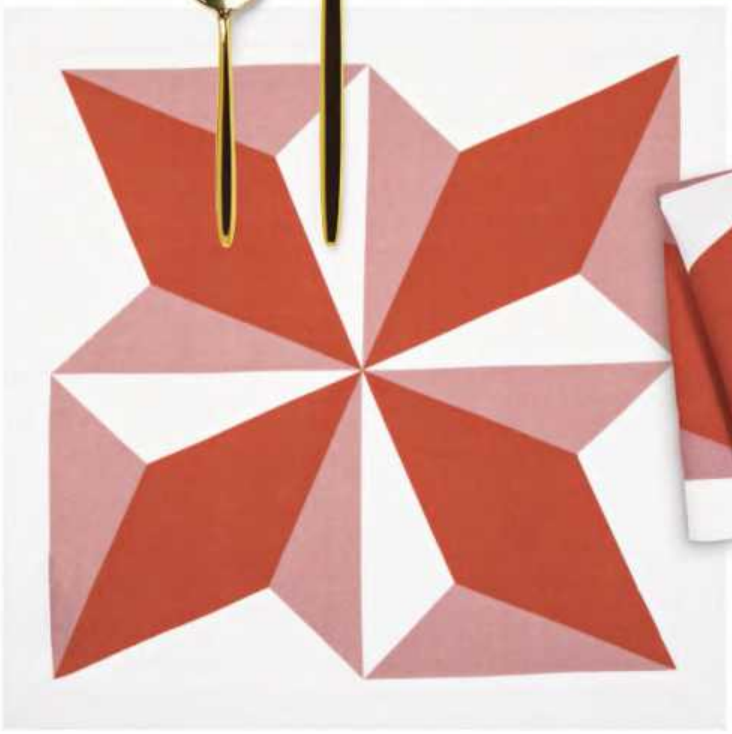
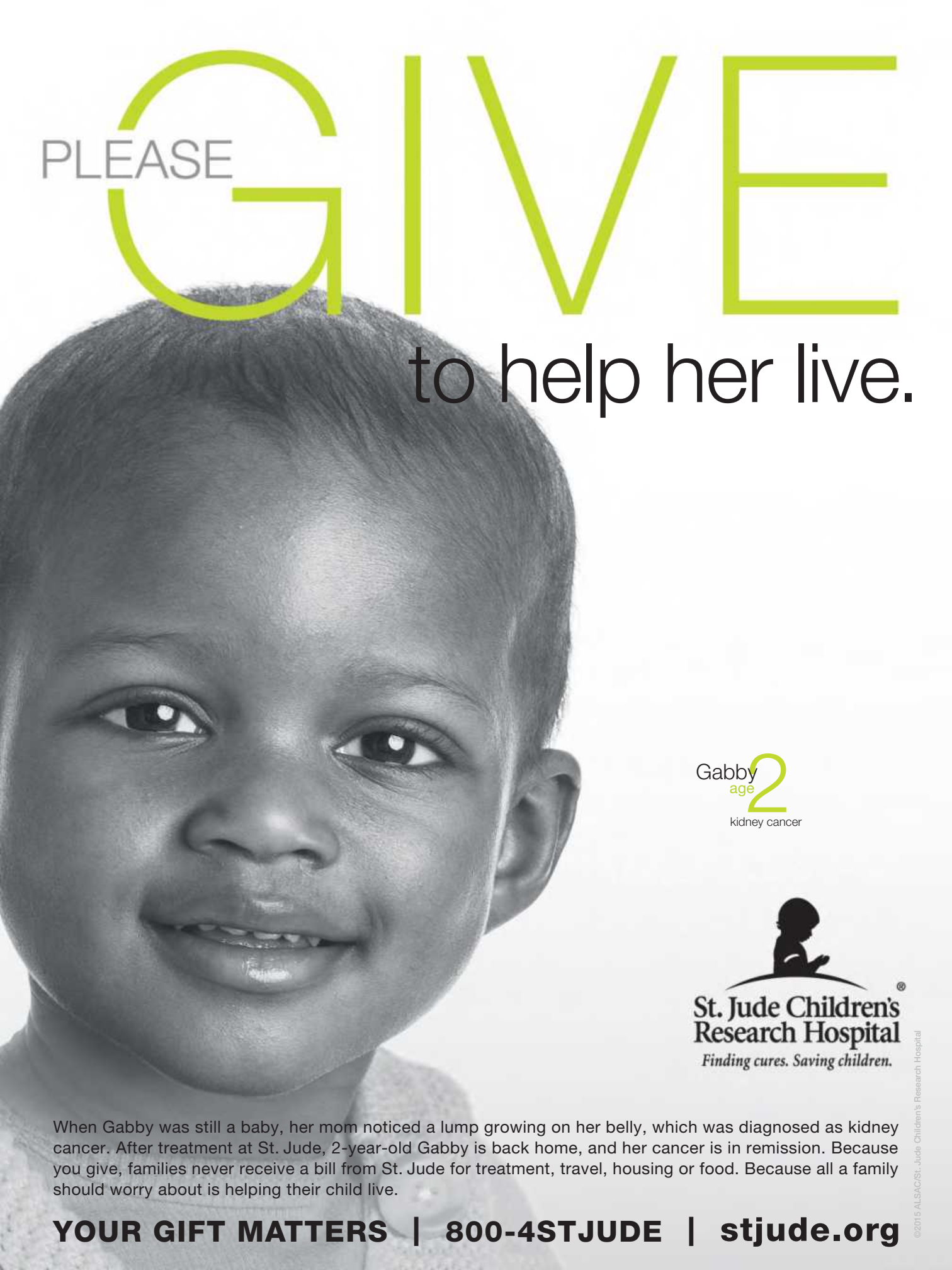




PLATE Marin Red Dinner Plate, $9.95; *crateandbarrel.com* **SERVERS** Doma Five-Piece Serving Set, $128; *anthropologie.com* **NAPKINS** Diamond Orange Linen Napkin, $26 each; *huddlesonlinens.com* **PUNCH BOWL** Copper Punch Bowl, $69.65; *alchemade.com* ■

For complete buying information: *BHG.com/Resources*


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branching out

Look beyond your box of ornaments this year. From pennies to penny candy, everyday items make whimsical tree trimmings.

BY SHAILA WUNDERLICH



Carrie Brown, stylist and owner of Jimtown Store in California, has a knack for Christmas trees with surprising themes. Get the how-to for these five and 19 more in her new book, *The New Christmas Tree* ($29.95; Artisan Books).

HANSEL AND GRETEL
The fairy tale children stumbled on a whole house made of candy—Carrie focuses on just the Christmas tree. "This tree could also be the star of a child's December birthday party," she says.

EXCERPTED FROM *THE NEW CHRISTMAS TREE* BY CARRIE BROWN (ARTISAN BOOKS). COPYRIGHT ©2015. PHOTOGRAPHS BY PAIGE GREEN.


Joy to
the Table
A table like this invites you and your friends to linger long after dessert is served. Visit your local store or pier1.com/tablescapes to explore the possibilities.
Chris
Pier1
IMPORTS™



POPCORN, PEANUTS, PRETZELS, AND PICKLES
Summertime snacks and the quaint Christmas pickle (who knew gherkins could be so fun?) come together in this salty tree. Airy branches show off pretzels, bottle cap ornaments, and popcorn and peanut garlands. A vintage pickle crock makes a fitting base.



MATCHSTICK RED
Red to the rescue! Use a single color to pull together a mishmash of items—vintage playing cards, Chinese paper garlands and mini lanterns, mercury glass ornaments, rubber band balls, and matchstick stars—on one dazzling tree.



BIRDLAND
"Flocked tree" takes on a whole new meaning in this homage to our avian friends. Hand-sewn and quilled paper bird ornaments perch alongside vintage and blown glass, handmade nests, and feather garlands.



COPPER AND CORK
Head to the hardware and crafts stores to create this sophisticated tree with an Arts and Crafts feel. The rich brown and chartreuse palette comes from DIY ornaments and garlands made from cork, copper, kraft paper, and pennies. A copper urn keeps the tree steady. ■



classic wreath

Exclusive offer, fresh from the woods of Northern Maine.

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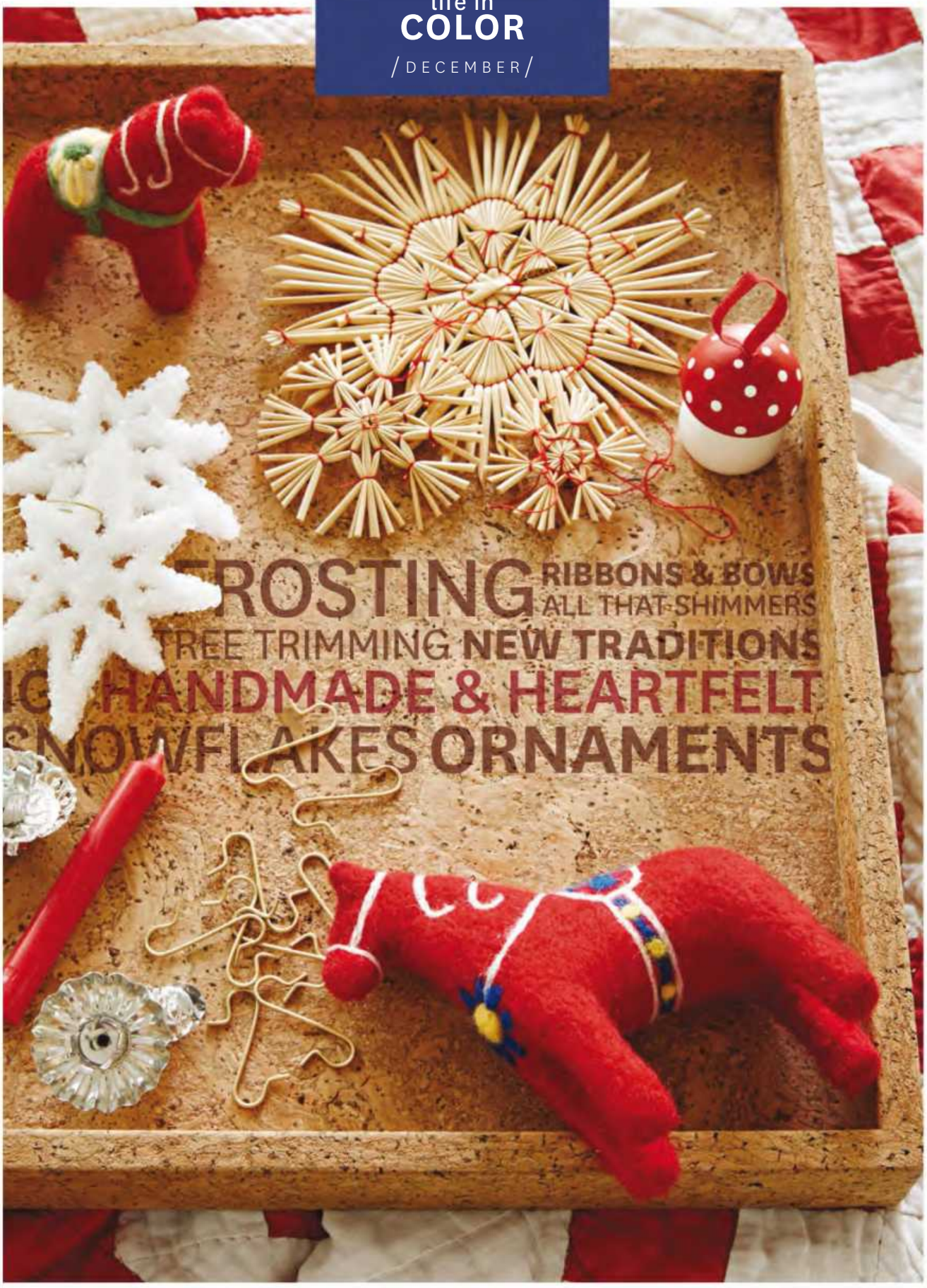
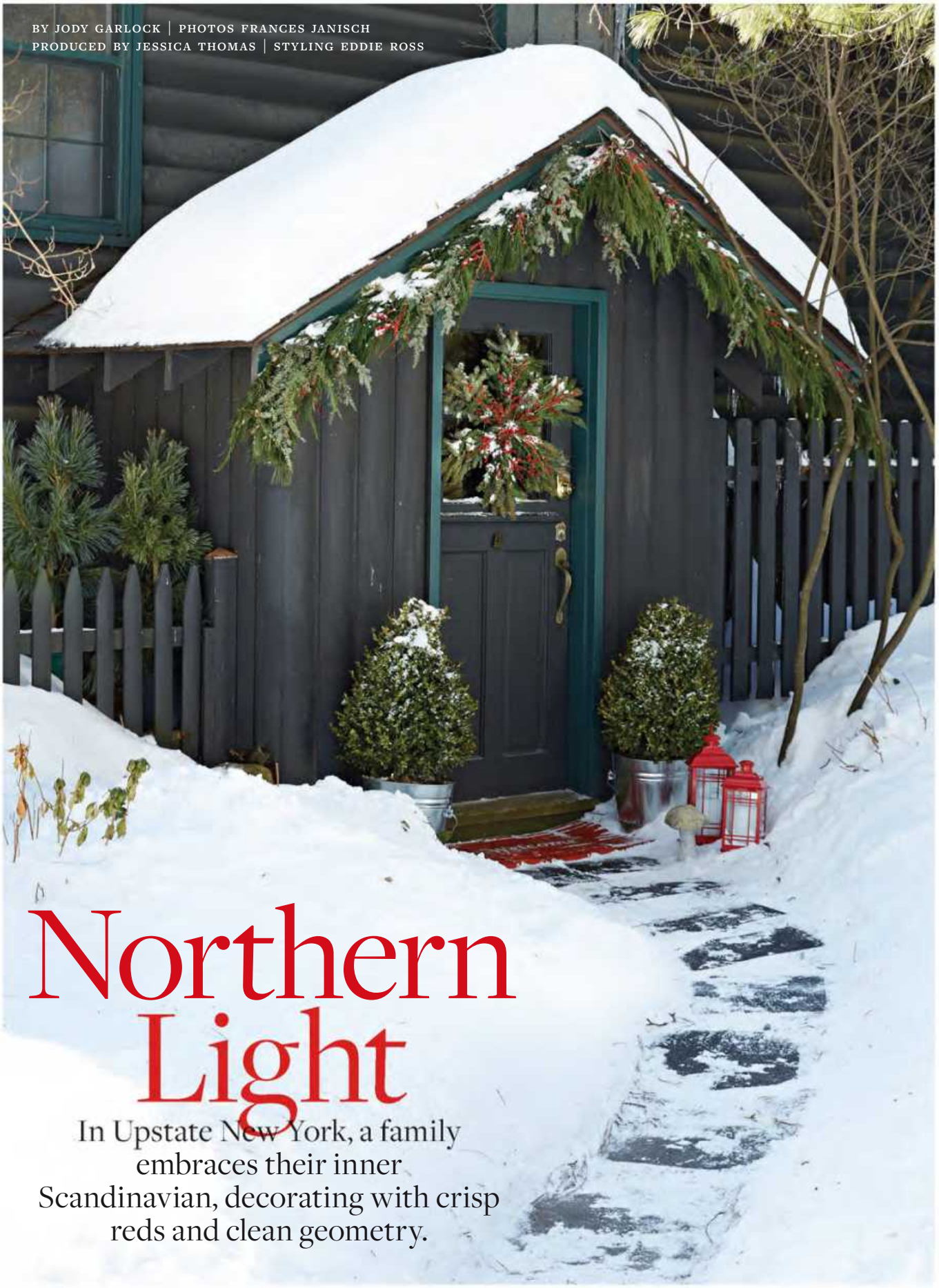


PHOTO: FRANCES JANISCH; PRODUCED BY JESSICA THOMAS; STYLING: EDDIE ROSS

BY JODY GARLOCK | PHOTOS FRANCES JANISCH
PRODUCED BY JESSICA THOMAS | STYLING EDDIE ROSS



Northern Light

In Upstate New York, a family embraces their inner Scandinavian, decorating with crisp reds and clean geometry.



"This is about as fancy as I get," Louise Gore says of her dining table, *this photo*. The red and white scheme plays into her love of Scandinavian design. A berry-studded swag accentuates the gabled entrance, *opposite*, painted dark gray to harmonize with shadows the trees cast.

Set your table in Scandinavian style. See our best tips.
BHG.com/ScandTable





What does Louise Gore want for Christmas? Scandinavian style.

"Over and over through my life, I keep gravitating to Scandinavian design," Louise says. Although she loves the simplicity and graphic patterns, the main draw for Louise is that it takes her back to her childhood. "It's the nostalgia—Marimekko prints from my elementary school years, my mom's Norwegian Catherine Holm bowls, the Danish bracelet my grandma gave me," she says. When Louise, husband Parker, and 9-year-old daughter Eleanor settled into their cottage in Garrison, New York, Louise finally had a place to display—and grow—her collection of Danish trays from the 1960s and '70s. Having the colorful metal trays in eyeshot inspired a few Scandinavian touches in her holiday decor—never mind that her family tree doesn't have a trace of Scandinavia. Swedish Dala horses and straw ornaments mix with ornaments the family buys on vacations, which Eleanor can't wait to unpack from the storage boxes every Christmas. "They remind her of happy times that we spend together as a family," Louise says. For Louise, a happy moment came when Eleanor took special interest in the Dala horses. Now, when Christmas is over and they wrap up all the ornaments, Eleanor chooses one red horse that's allowed to live on the mantel all year. "Like mother, like daughter," Louise says with a smile.

Greenery draping the arbor, *above left,* fits the casualness of the home. Pretty presents, *above right,* are Louise's thing; she collects ribbon all year, then matches it to new papers. "It's the artist in me," she says. Cut evergreen branches in a vase make a quick tabletop tree. A simple mantel, *opposite,* calls for simple stockings. Cards that trickle in during December make a festive display.



BEFORE & AFTER
See the difference the pop of red makes in our video tour of this living room. *BHG.com/ScandTour*









Small evergreen trees dress up window boxes, *top left,* for an all-winter display. Parker, Eleanor, and dog Riley, *top right,* play outdoors. "Lots of snow makes things seem more Christmasy," Louise says. A Danish metal tray brings extra color to the table, *above left.* The built-in plate rack, *above right,* shows off more trays, which Louise often finds online for about $12. "Parker is amused when he gets the mail and discovers a package from Denmark—a sure sign I've been hitting Etsy late at night," Louise says.

For complete buying information: *BHG.com/Resources*



MAKE IT

This modern wall hanging is a fresh spin on an Advent calendar. A birch branch, felt ornaments, and a straw topper add Scandinavian flair, but you can change the look as you like. Use baker's twine to hang small gifts—in boxes, tissue paper, or gift bags—from a branch. Tie twine around the branch ends, and hang from a hook. Let kids open a gift at special times during the holidays, or just wrap empty boxes and enjoy the view. ■

A cute little ornament is a quick dress-up for any package. It's like getting two gifts in one.



TIE ONE ON

We're taking ribbons way beyond gift wrap to create showstopper decorations you'll want to leave up long after the tree comes down.

BY NATALIE DAYTON | PRODUCED BY JESSICA THOMAS | PHOTOS ADAM ALBRIGHT
RIBBON PROJECTS BY KIM HUTCHISON



HAVE A BALL

Ornaments

Trim your tree with these little jewel-tone beauties, or add one to the top of a gift as a keepsake.

RIBBON
5/8" RAW SILK
SATIN, VELVET, OR GROSGRAIN IN 5/8" OR NARROWER

TOOLS
2" and 3" STYROFOAM BALLS
HOT-GLUE GUN
SCISSORS

HOW-TO **1.** Wind raw silk ribbon around ball until completely covered and secure end with hot glue. **2.** Cut pieces of satin, velvet, or grosgrain ribbon long enough to go around ball—3 pieces for 2-inch ball, 2 pieces for 3-inch ball. **3.** Wrap ribbons around ball at equal intervals, securing ends with hot glue at bottom. **4.** For tassel, cut and stack three 6-inch pieces of ribbon, knot in center, then glue to bottom of ball. **5.** For hanger, cut a 7-inch piece of ribbon, tuck under intersection of ribbons at top of ball, and knot ends.

For illustrated instructions: ***BHG.com/Ribbon***



CARD HOLDER
Learn to make this braided ribbon card display. ***BHG.com/Ribbon***



CARD TRICK

Greeting Card

This easy project is great for the kiddos. Precut the cardstock and let them pick out their favorite ribbons.

RIBBON
ASSORTED SCRAPS OF GROSGRAIN, SATIN, OR VELVET IN 5/8" AND NARROWER WIDTHS

TOOLS
CARDSTOCK
SCISSORS
PENCIL
RULER
CRAFTS KNIFE
DOUBLE-SIDED TAPE

HOW-TO **1.** For a 3×5" card, cut one 3×5" and one 5×6" piece of cardstock. Fold larger piece in half to form card; unfold. **2.** Using pencil and ruler, make marks the same widths as ribbons in a triangle shape on right half of card. **3.** Use crafts knife to make slits where marked. **4.** Thread ribbon through slits and tape on back. **5.** Tape 3×5" cardstock inside card flap to hide ribbon ends.

SMOOTH AS VELVET

Napkin Rings

How about a little formalwear for your holiday table? A bow tie napkin ring dresses things up.

RIBBON
1½" VELVET

TOOLS
RULER
SCISSORS
HOT-GLUE GUN

HOW-TO **1.** For napkin ring, cut a 3-inch piece of ribbon, form loop, and hot-glue ends together. **2.** For bow tie, cut 8 inches of ribbon, form loop, flatten, and hot-glue ends together. **3.** Cut a little over 3 inches of ribbon (to allow for slight overlap) for center of bow tie. **4.** Pinch flattened loop loosely in middle, wrap cut ribbon around it, and hot-glue ends together in back. **5.** Hot-glue bow tie to napkin ring.

For illustrated instructions: *BHG.com/Ribbon*



CROWNING ACHIEVEMENT

Tree Topper

Contrasting ribbon colors and textures make this layered creation extra-impressive.

RIBBON

1½" TURQUOISE VELVET
1½" TEAL SATIN
1½" PINK SATIN
1½" TEAL RAW SILK
1" PINK TWILL TAPE

TOOLS

RULER
SCISSORS
PEEL-AND-STICK ADHESIVE STRIPS
CARDSTOCK SIMILAR IN COLOR TO RIBBONS
HOT-GLUE GUN

HOW-TO **1.** For bottom layer, cut seven 12-inch pieces of velvet, teal satin, and cardstock same width as ribbon. **2.** Use adhesive strips to sandwich cardstock between one velvet and one satin ribbon, right sides of ribbons facing out. Repeat with remaining ribbon pairs. **3.** Bend a stiffened ribbon and glue ends. Repeat with remaining pieces. **4.** Cut a 5-inch cardstock circle. Arrange and layer loops as shown, gluing together and then to cardstock. **5.** For middle layer, repeat steps 1 through 4 using seven 9-inch strips of pink satin and raw silk, gluing circle to bottom layer instead of cardstock. **6.** For center bow, wrap a 24-inch piece of twill tape around hand three times. Fan out loops and glue layers together in center. Repeat to make a second ribbon bundle. **7.** Wrap short piece of twill tape around center of a bundle and glue ends. Stack bundles and glue together, then to middle layer. **8.** Punch small hole in cardstock circle and thread wire through to hang.

For illustrated instructions: *BHG.com/Ribbon*



ROUND AND ROUND

Rosette Wreath

An updated palette of green, chartreuse, and gold layers together for a textural wreath.

RIBBON
5 TO 6 SPOOLS 1" to 2" SATIN, RAW SILK, AND GROSGRAIN RIBBON

TOOLS
SCISSORS
FABRIC PEN
THREAD
SEWING NEEDLE
PRESSING CLOTH
IRON
18" WIRE WREATH FORM
HOT-GLUE GUN

HOW-TO **1.** Cut twenty to twenty-four 36-inch strips of ribbon. **2.** Starting $^1/_2$ inch from one end, measure and mark 1-inch intervals about $^1/_8$ inch from edge of ribbon. **3.** Thread needle and knot end, leaving a 2-inch tail. **4.** Feed needle up through one marked point and down through next. Repeat along length of ribbon. **5.** Pull thread to gather ribbon into accordion shape and knot thread. Glue ends of ribbon together. Press and twist with hand to form a rosette. **6.** Using a pressing cloth, iron flat. **7.** Repeat steps 2 through 6 with rest of ribbon. Hot-glue rosettes to wreath form.

For illustrated instructions: *BHG.com/Ribbon*



RIBBON ROUNDUP

A field guide to the most popular varieties.

SATIN Smooth and shiny on one or both sides. It's available in a zillion colors at any crafts or fabric store.

RAW SILK Slightly slubby texture gives it a high-end look. Even more flexible than satin because it's cut on the bias.

GROSGRAIN Parallel ridges give that characteristic body and crispness. Holds its shape well and is easy to work with.

TWILL TAPE Pliable and durable, tapes are used in sewing but can be used just like ribbon. The woven-in herringbone pattern is a style bonus.

VELVET Gorgeous texture and luster but can be pricey. Even a small amount adds a lot of look. Available in regular or crushed, single- or double-faced styles.

WIRE-EDGED Holds its shape without drooping thanks to fine wire sewn into the sides. Perfect for bows on wreaths.

SOURCES

These Web stores are one-stop shops for all the basic varieties of ribbon:

midoriribbon.com
mjtrim.com
papersource.com
papermart.com

Find rare vintage treasures like crushed velvet on ***etsy.com*** or ***ebay.com***. Try searching "vintage deadstock ribbon"—deadstock simply means new or unused.

They don't do e-commerce, but the New York storefronts for these specialty Japanese ribbons are worth the pilgrimage for ribbon aficionados:
Shindo
162 West 36th St.
Mokuba
137 West 38th St. ■

BONUS PROJECTS
Get card holder and package topper how-tos, plus all the instructions for these beribboned beauties.
BHG.com/Ribbon



Midas touch

Star designer and party planner David Stark brings home the gold. His holiday paper crafts are playful, sophisticated, and totally doable.

PAPER FLOWERS
How-to: *page 93*

HOLLY ORNAMENT
How-to: *page 93*

BY BECKY MOLLENKAMP
PHOTOS DAVID LAND
PRODUCED BY DAVID STARK







MEET DAVID STARK

He's the creative genius behind some of the most lavish parties in New York, including the after-party for *SNL*'s 40th anniversary episode and the launch of Lilly Pulitzer's collection for Target. But David's trademark is more inventive than over-the-top. He loves to elevate everyday materials in whimsical ways. Take the inexpensive brown kraft paper used in these projects, for example: A little glue and gold leaf give a glam finish.

TREE TOPPER A sophisticated color and minimal details keep this do-it-yourself tree topper, *above*, from looking fussy. Made from kraft paper decked in gold leaf, the project is as simple as cutting, folding, and gluing.

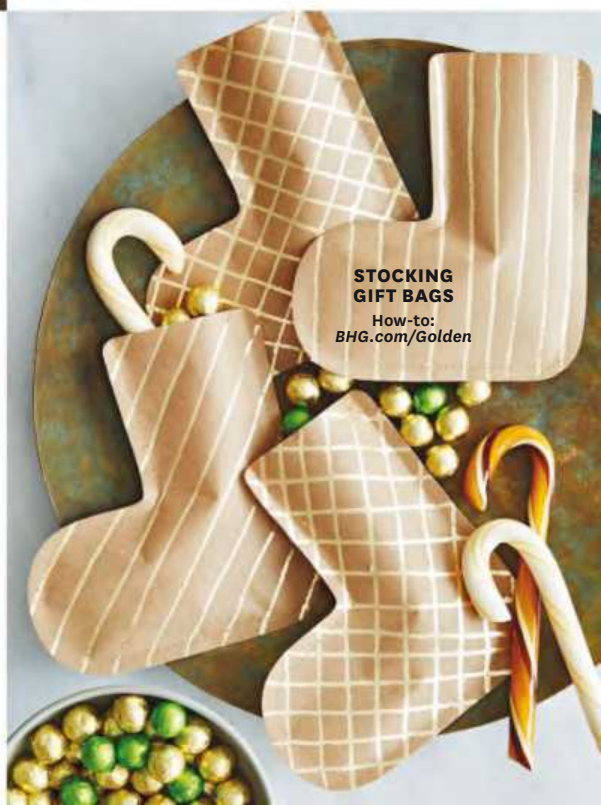
STOCKING GIFT BAGS Simple stocking gift bags, *right*, are a fun alternative to gift wrap. Cut a pair of stocking shapes from kraft paper, then add stripes or a grid with glue pen and apply gold leaf over the glue. Stitch or glue the front and back pieces together.

PARTY CRACKERS Christmas crackers, *opposite*, are a British tradition. When pulled from the ends, the cracker makes a pop and candy falls out. The person holding the larger end gets the treats. Our versions are made from a paper towel roll and kraft paper.

PAPER FLOWERS This little pattern is a holiday heavyweight: Snip a bunch of bloomers and attach to a fresh wreath, *page 89*, and glue others to gold-painted branches, *opposite*. Or use them on gift boxes, homemade cards, or napkin rings—anything goes!

CIRCLE GARLAND For this simple swag, *opposite,* use a 2-inch circle punch to cut metallic scrapbook papers and gold-leafed kraft paper. Fold each circle in half—it takes about eight to make one sphere on the garland—and glue the back side of one circle to the back side of another folded circle. Attach them to ribbon before displaying on a mantel, sideboard, or banister.

Make it: ***Learn to apply gold leaf to kraft paper, page 93.***




Attach paper flowers to branches with glue dots.
PARTY CRACKERS
How-to: BHG.com/Golden
To give crackers their distinctive pop, you'll need cracker snaps. $7.50 for 25; oldenglishcrackers.com
CIRCLE GARLAND
How-to: BHG.com/Golden



GIFT WRAP Wrap gifts in paper you decorate with metallic paint pens or gold leaf. Handmade paper tassels add a playful touch to a traditional gift box. Once you've wrapped your gifts, put them on display. "Pile them up, put them in your vignettes," David says. "Let them be part of the story of your holiday decor."

TASSEL
How-to: *opposite*

MAKE THEM

Have fun crafting some or all of these simple, sophisticated-looking holiday decorations at home. Each one starts with a roll of humble kraft paper.



PAPER FLOWERS

FLOWER TEMPLATES *(BHG.com/Golden)*
SCISSORS
GOLD-LEAFED KRAFT PAPER *(right)*
GOLD BEADS
HOT-GLUE GUN

HOW-TO Use template to cut flower shapes from kraft paper. Fold each in half along dotted lines as shown on template. Unfold and fold in half along other axis; unfold. Glue a bead in center.



GOLD-LEAFED PAPER

Here is David's technique for making the partially gilded paper used in these projects:

ROLL OF KRAFT PAPER
CRAFTS GLUE
TWO FOAM BRUSHES
GOLD LEAF SHEETS

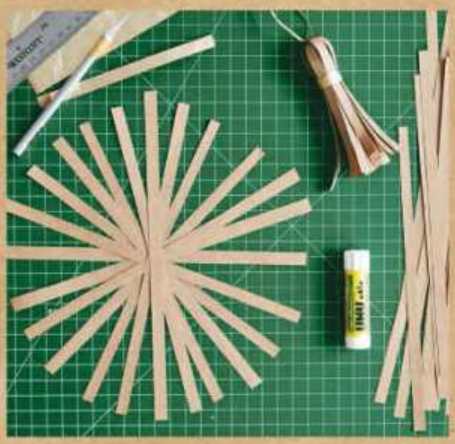
HOW-TO Unroll a section of kraft paper on a flat surface. Brush on random, imperfect swaths of crafts glue with foam brush. Do not coat entire surface with glue. Allow glue to set until tacky, then apply gold leaf sheets by gently rubbing in place with your finger. Remove gold leaf from unglued areas by gently dusting with dry foam brush.



HOLLY ORNAMENT

HOLLY LEAF TEMPLATE *(BHG.com/Golden)*
SCISSORS
GOLD-LEAFED KRAFT PAPER *(above right)*
BONE FOLDER
GLUE STICK
RIBBON
GOLD BEADS

HOW-TO Use template to cut eight holly leaves from kraft paper and fold each in half lengthwise with bone folder. Glue one side of a folded leaf to one side of another. Repeat, stopping short of gluing first and last leaves together. Sandwich a loop of ribbon inside leaves and leave a 1-inch tail; glue first and last leaves. Tie a bead to each end of ribbon.



TASSEL

STRAIGHTEDGE
UTILITY KNIFE
KRAFT PAPER, PLAIN AND GOLD-LEAFED *(above)*
GLUE STICK
RIBBON

HOW-TO Cut ½-inch-wide strips of plain kraft paper into twelve 10-inch lengths. Lay strips in a starburst pattern, gluing each strip to the one on top of it. Let dry. Loosely bend bundle of strips in half to form a tassel. Glue a strip of gold-leafed kraft paper around bundle 1 inch from top. For hanger, slip ribbon through the opening below where the strips are folded over. ■

FREE PROJECT KIT
Download the templates and complete how-to for all these decorations, and more.
BHG.com/Golden

A TOAST TO THE ROAST

Chef Scott Peacock cooks up celebratory stunners. Roast beef and pork loin, stuffed chicken or brisket—we salute you!



An affordable cut like beef sirloin tip gets all dressed up with a generous rosemary and black pepper rub. Searing the meat before roasting creates a flavor-sealing crust. For a final flourish, Scott adds garlicky olives and serves the roast with a silky puree of carrots and parsnips.

BY HALI RAMDENE | RECIPES SCOTT PEACOCK | PHOTOS ANDY LYONS
FOOD STYLING GREG LUNA | PROP STYLING SUE MITCHELL | PRODUCED BY NANCY WALL HOPKINS



WHOLE-LEAF ENDIVE SALAD

For a reimagined take on glazed ham, Scott coats a brined pork loin with sticky brown sugar glaze and adds a tumble of fresh pineapple. "Don't worry about the pineapple being all the same size," he says. "You want variety for texture." A salad of radicchio, Bibb lettuce, and endive adds holiday color and holds up through dinner without wilting.

PINEAPPLE-GLAZED PORK ROAST

Recipes begin on page 122.



SCOTT'S KITCHEN PANTRY

The chef shares his go-to ingredients:

Kosher Salt

"Each brand of salt measures differently, so a pinch of one isn't the same as another," Scott says. "Find a salt you like, and use it exclusively to understand its weight in your hands and the way it imparts flavor."

Curly Parsley

Sure, flat-leaf and curly leaf parsley are interchangeable when it comes to flavor, but they perform very differently in a recipe. "Curly parsley has a larger surface area—its ridges and ripples add volume and texture," Scott says.

Dijon Mustard

"Dijon has body, acidity, and plenty of depth," Scott says. "But overall, the flavor is grounding. In most recipes, its job is to provide balance. It should be not the loudest flavor, but the element that brings everything to a point."

Fresh Nutmeg

A few dashes are enough to bring out the inherent nuttiness in root vegetables or cheese. A word of caution from Scott: "If you can't find whole nutmeg to grate fresh, just omit it from the recipe."

"The roasts are **THE DEEPLY FLAVORFUL MOMENTS** on the plate, and each side is a refreshing complement. You take a bite of the roast, then the side, and the flavors start all over again."

COOKED JUST RIGHT

Worried about doneness? There's no better way to ensure roasts are cooked than taking a temp. Get our printable one-page guide to roasting temps. *BHG.com/RoastingGuide*



Wrapped in bacon and stuffed with spicy sausage, port-soaked cherries, and spinach, ordinary chicken breasts transform into an elegant holiday roast. "This roast can be assembled up to a day ahead, cooked before guests arrive, and served at room temperature," Scott says. With a fruit-strewn wild rice salad, it's a meal of familiar ingredients made extra-special.

Recipes begin on page 122.



SWEET ROOT VEGETABLE KUGEL

TOMATO & ONION BRISKET

Hanukkah brisket needs no introduction, but cooking this cut just right requires some explanation. Ask Scott, and he'll tell you the key is patience. "Because it's tougher, brisket benefits from the slow and mellow process of braising," he says. "It's a chance for the meat to relax and for the garlic, tomatoes, and bay leaves to sink in." A sweet root vegetable kugel plays the role of comforting casserole, and ginger-pickled onions complete the table. ■

Recipes begin on page 122.



START WITH PURE VANILLA.
END WITH PURE JOY.

McCormick® Gingerbread Men Cookies

3 cups flour
2 tsp. **McCormick Ground Ginger**
1 tsp. **McCormick Ground Cinnamon**
1 tsp. baking soda
1/4 tsp. **McCormick Ground Nutmeg**
1/4 tsp. salt
3/4 cup (1 1/2 sticks) butter, softened
3/4 cup firmly packed brown sugar
1/2 cup molasses
1 egg
1 tsp. **McCormick Pure Vanilla Extract**

MIX first 6 ingredients. Set aside. Beat butter and sugar with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.

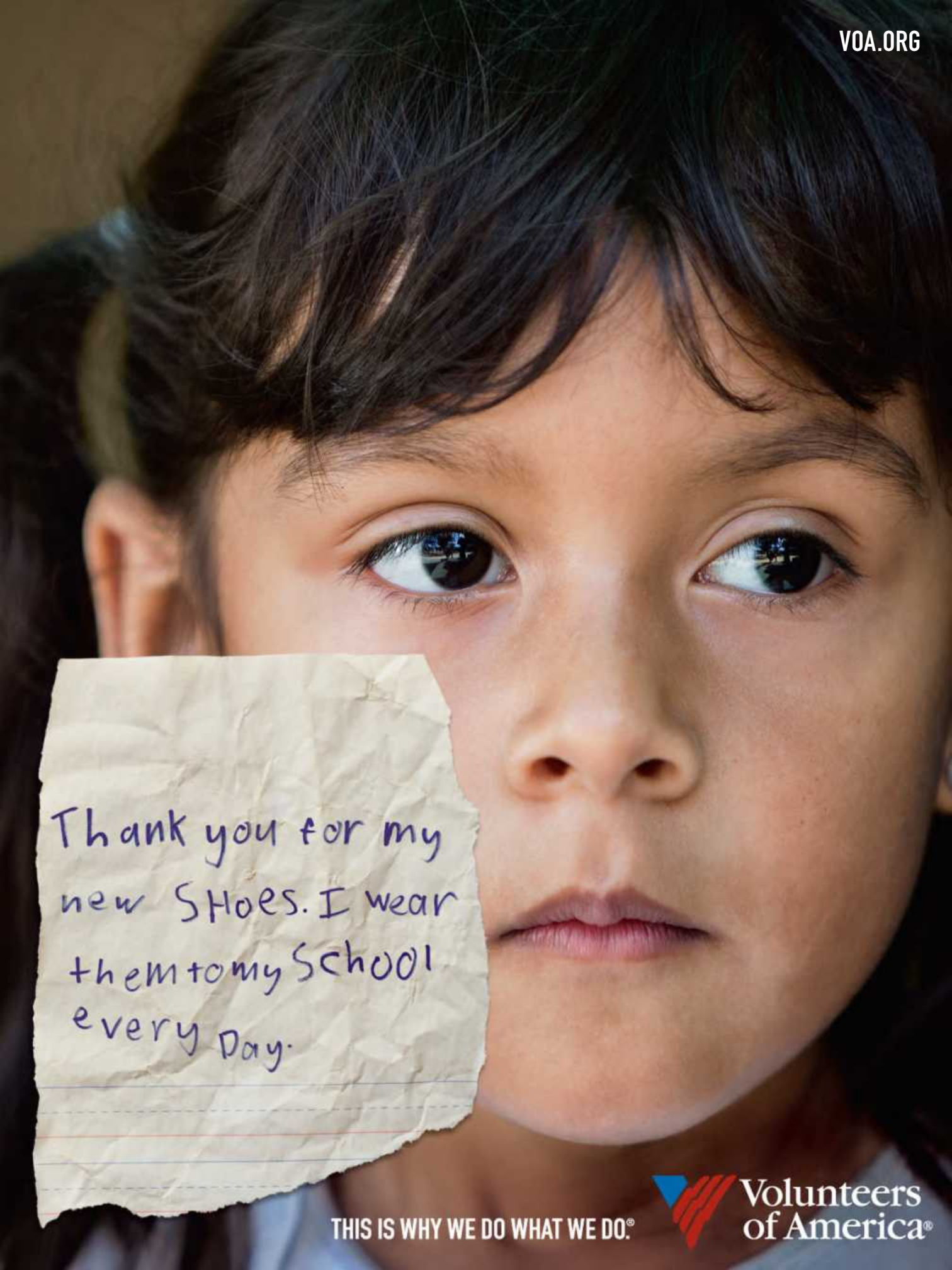
ROLL out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men with 5-inch cookie cutter. Place 1 inch apart on ungreased baking sheets.

BAKE in preheated 350°F oven 8 to 10 minutes or until edges of cookies just begin to brown. Cool on baking sheets 2 minutes. Remove to wire racks; cool completely. Decorate cookies by piping designs with plain and Colorful Royal Icing (see **mccormick.com** for recipe).

Makes 2 dozen.



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food

on a roll

Enjoy the merriest of mornings with ho-ho-homemade sweet rolls. All the work is done the night before, so it's just a quick pop in the oven while you lounge in your PJs.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS
FOOD STYLING GREG LUNA



CRANBERRY-CHERRY ROLLS WITH VANILLA ICING
Recipe on *page 106*



SALTED LEMON ROLLS WITH CREAM CHEESE ICING
Recipe on *page 106*

GRAB & GO
Tuck 7-inch squares of parchment into jumbo muffin tins, place sliced dough rolls into the lined tins, and bake as directed.

SWIRLS OF LEMON filling made with preserved lemon and fresh peel bring bright citrus intensity to light, fluffy rolls.

Reynolds Kitchens

Endless TABLE

SIMPLE BROWN SUGAR & MUSTARD MARINATED PORK TENDERLOIN

1 (1 lb.) pork tenderloin
¼ cup whole grain mustard
¼ cup light brown sugar
2 teaspoons minced thyme
1 yellow onion, thinly sliced
salt and pepper to taste
Reynolds Wrap® Aluminum Foil

DIRECTIONS

1. Preheat oven to 350 degrees F. Season tenderloin with salt and pepper. In a bowl, whisk together mustard, brown sugar and thyme.
2. Place a large sheet of Reynolds Wrap® Aluminum Foil onto a clean surface. In the center, place onion slices in a single layer and then place pork on top. Brush with half of the mustard mixture.
3. Double fold top and ends to seal packet, leaving room for heat circulation inside. Transfer packet onto a baking sheet and bake for 25 minutes or until the internal temperature reads 130˚F.
4. Remove from oven. Open packet by cutting along top fold with a sharp knife, allowing steam to escape. Brush with remaining mustard mixture. Leaving the packet open, broil for 1 minute or until a nice crust forms on top. Remove from oven and allow tenderloin to rest for 10 to 15 minutes before slicing and serving.

For more recipes

from the Reynolds Kitchens Endless Table visit **reynoldskitchens.com** and **@reynoldskitchens**



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Christmas Rolls Dough

HANDS-ON TIME 45 min. TOTAL TIME 4 hr., 50 min.

- 4 to 4 ½ cups all-purpose flour
- 1 package active dry yeast
- 1 cup milk
- 1 cup cooked, mashed potato*
- ⅓ cup butter, cut up
- ⅓ cup granulated sugar
- 1 tsp. salt
- 2 eggs
- ½ cup butter, softened
- Desired filling, *below right*
- Desired icing, *below right*

1. In a large bowl combine 1½ cups of the flour and the yeast; set aside. In a medium saucepan heat and stir milk, mashed potato, the ⅓ cup butter, sugar, and salt just until warm (120°F to 130°F) and butter almost melts; add to flour mixture along with eggs. Beat with an electric mixer on medium-low speed 30 seconds, scraping sides of bowl constantly. Beat on high speed 3 minutes. Using a wooden spoon, stir in as much remaining flour as you can.
2. Turn out dough onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total kneading time). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface of dough. Cover; let rise in a warm place until double in size (45 to 60 minutes).
3. Punch down dough; turn out onto a lightly floured surface. Cover; let rest 10 minutes. Meanwhile, lightly grease a 13×9-inch baking dish; set aside. Prepare filling (*right*).
4. Roll dough into an 18×12-inch rectangle. Spread the ½ cup butter over dough. Spread or sprinkle filling over, leaving 1 inch bare along one of the long sides. Roll rectangle, starting from the long side with the filling. Pinch dough to seal seams.
5. Cut dough into 12 equal pieces. Arrange pieces, cut sides down, in prepared baking dish. Cover loosely with oiled plastic wrap. Chill at least 2 hours or up to 24 hours.
6. Let chilled rolls stand, covered, 30 minutes at room temperature. Preheat oven to 350°F. Uncover. Bake 30 to 35 minutes or until golden brown and done in center (200°F). Cool in dish on a wire rack 10 minutes. Drizzle with icing. Serve warm. Makes 12 rolls.
*Prick a 10-oz. unpeeled potato with a fork. Microwave on 100 percent power (high) 5 to 7 minutes or until tender. Halve, then scoop pulp into a bowl; discard skin. Mash potato.



CINNAMON SPICE ROLLS WITH VANILLA ICING

FILLINGS

CRANBERRY-CHERRY FILLING Spread ⅓ cup *cherry preserves* and 1½ cups *fresh or frozen cranberries* over buttered dough.

SALTED LEMON FILLING Sprinkle ⅔ cup finely chopped *preserved lemon* (find at Middle Eastern markets or health food stores), ⅔ cup *granulated sugar,* and 2 tsp. finely shredded *lemon peel* over buttered dough. Sprinkle tops of baked, iced rolls with 1 tsp. *coarse sea salt.*

CINNAMON SPICE FILLING Sprinkle 1 cup *brown sugar,* 2 Tbsp. *ground cinnamon,* 2 Tbsp. finely chopped *crystallized ginger,* and ½ tsp. fresh *cracked black pepper* (it gives a surprising kick!) over buttered dough.

ICINGS

VANILLA ICING In a bowl stir together 3 cups *powdered sugar,* 1 tsp. *vanilla,* and 4 to 5 Tbsp. *milk* until a thick drizzling consistency.

CREAM CHEESE ICING In a medium bowl beat 4 oz. softened *cream cheese,* 2 Tbsp. *softened butter,* and 1 tsp. *vanilla* with an electric mixer on medium speed until light and fluffy. Gradually beat in 2¼ cups *powdered sugar.* Beat in 2 Tbsp. *honey.*

The secret to light-as-air rolls? Potato! It adds moisture and structure without developing additional gluten, which can make rolls tough.



WATCH THE TEMP If the milk mixture heats beyond 130°F, you might kill the yeast. Use a candy thermometer to keep your temp in check, and watch for the point when the butter is almost melted.



LESS IS BEST Too much flour creates heavy, dense rolls. Start with the smallest amount listed, then gradually work up as you knead. (You might not need any extra flour at all.)



EASY CUT A ruler helps with an even cut. We slice the log using kitchen string because it doesn't squish the spiral. Place a loop of string around the log, then pull the ends in opposite directions. ■

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Mini Apple Pies

Prep: 25 mins | Cook: 35 mins
Servings: 18 (*1 mini tart each*)

INGREDIENTS

PAM® Original cooking spray
½ cup firmly packed brown sugar, divided
⅓ cup sliced almonds
¼ cup all-purpose flour
3 tablespoons cold Parkay® Original-stick
1 pkg (15 oz each) refrigerated pie crusts
1 ⅓ pounds apples (such as Braeburn), cored, chopped
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Reddi-wip® Original Dairy Whipped Topping



DIRECTIONS

1. Stir together 6 tablespoons brown sugar, almonds and flour in small bowl. Cut in Parkay® with pastry blender until mixture resembles coarse crumbs; refrigerate until ready to use.
2. Preheat oven to 375°F. Spray 18 medium nonstick muffin cups with PAM® cooking spray. Roll each pie crust into a 13-inch circle on floured work surface. Trim and discard edges to make two 10 ½-inch square crusts. Cut each crust into 9 square pieces. Carefully press pieces into muffin cups; set aside.
3. Combine apples, remaining 2 tablespoons brown sugar, cinnamon and vanilla in large bowl. Spoon ¼ cup apple mixture into each crust-lined muffin cup.
4. Bake 20 minutes. Top each with crumble mixture; bake 8 to 10 minutes more or until crumble browns. Cool in pan 5 minutes; carefully remove from muffin cups. Top each with Reddi-wip® just before serving.

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CHECK THE NECK

The best way to check for ripeness is to gently press your thumb near the stem. If the fruit gives a little, it's good to go. Bartlett pears will change color when ripe, but with varieties like Anjou, Comice, Bosc, and Concorde, the color change is too subtle to rely on.

RIPE FOR PICKING

Under-ripe pears will begin to ripen at room temperature, and you can speed up the process by sticking them in a paper bag (it's true). Once ripe, store pears in the fridge for up to 5 days.

CHOICES, CHOICES

When you need pears to hold their shape in a recipe, choose firmer varieties like Bosc, Anjou, or Concorde. Softer varieties like Bartlett and Comice are better for snacking, smoothies, or butters.

NEW WAYS WITH *pears*

When the produce aisles are brimming, invite these autumn favorites to dinner.

BY HALI RAMDENE | PHOTOS ANDY LYONS
RECIPES AND FOOD STYLING GREG LUNA

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Warming flavors like ginger, garlic, and thyme bring out the **SAVORY SIDE OF PEARS.**

PEAR & SWEET POTATO SOUP

In a large pot melt **2 Tbsp. butter** over medium-low heat. Add **1 cup chopped onion** and **1 clove garlic, minced;** cook and stir 5 minutes. Add **4 cups peeled and chopped pears, 1½ cups peeled and chopped russet potato, 1 cup peeled and chopped sweet potato, 1 tsp. salt,** and **½ tsp. chopped fresh thyme.** Cook and stir 3 minutes more. Stir in **4 cups reduced-sodium chicken broth**. Bring to boiling; reduce heat. Simmer, covered, 30 minutes or until tender. Using an immersion blender, blend until smooth. Season to taste with salt and pepper. Top with **sautéed pear slices, sour cream,** and **fresh thyme.** Makes 4 servings.



I'LL HAVE THE COMBO, PLEASE
Add a pear-stuffed ham and cheese sandwich. *BHG.com/PearSandwich*

PEAR & PORK STIR-FRY

In a bowl stir together **¼ cup soy sauce, 2 Tbsp. honey, 1 Tbsp. rice wine vinegar,** and **¼ tsp. crushed red pepper;** set aside. In a very large skillet heat **1 Tbsp. vegetable oil** over medium heat. Add **3 medium pears, cored and sliced,** and **1 Tbsp. grated fresh ginger;** cook 2 to 3 minutes or until softened. Remove from skillet. Add **1 lb. thinly sliced pork tenderloin;** cook 2 to 3 minutes. Push to sides of skillet. Stir sauce; add to skillet. Bring to boiling, stirring until slightly thickened. Return pears to skillet. Add **2½ cups chopped radicchio.** Stir to coat and heat through. Serve over rice. Top with **green onion slices.** Makes 4 servings.



PEAR & BRUSSELS SPROUT SALAD

In a large serving bowl whisk together **¼ cup olive oil, ¼ cup balsamic vinegar, ½ tsp. kosher salt,** and **¼ tsp. cracked black pepper.** Add **2 cups chopped baby spinach, 4 oz. shredded Brussels sprouts, ½ cup chopped pitted dates, ½ cup toasted and chopped walnuts,** and **¼ cup shaved Parmesan cheese** to bowl; toss to coat. Add **4 thinly sliced pears** and **one 15-oz. can rinsed and drained cannellini beans.** Toss to combine. Makes 4 servings. ■

baked, sealed, delivered

We asked baking queen Dorie Greenspan to create a collection of cookies made for shipping, so she baked and tested dozens (even dropping packed boxes!) to create a break-free batch.



BY MAGGIE GLISAN | RECIPES DORIE GREENSPAN
PHOTOS BLAINE MOATS | FOOD STYLING GREG LUNA

Recipes begin on page 118.

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PHOTO: PAUL BRISSMAN

"ONE DELICIOUS VANILLA DOUGH gets tweaked with sugars, white chocolate, and spice to create four cookies that taste and ship great together."

Dorie Greenspan

Tips for a crumble-free delivery

FIND A CONTAINER Choose an airtight tin or box to ensure fresh delivery.

ADD CUSHION Divide the tin into smaller compartments with pieces of cardboard, and reduce shifting by filling gaps around cookies with crinkle paper.

PICK A BOX AND STUFFING Find a box that allows a 2- to 3-inch buffer of packing material between box and tin. Eco-friendly plain popped popcorn or packing peanuts will minimize rattling and breakage.

PACK RIGHT Start by lining the bottom of the box with a thick layer of popcorn or packing peanuts, place your tin on top, and add more popcorn or peanuts to fill. (Overfill slightly so you have a snug fit when you seal your box.) Seal all seams with plastic packaging tape to keep moisture out.

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MORE FROM DORIE
Dorie has been called a "culinary guru" by *The New York Times*, has won six James Beard and International Association of Culinary Professionals awards, and has 10 cookbooks to her name, including her most recent, *Baking Chez Moi* (HMH; $40).



Bake and give back with Dorie

Looking to do even more good with your holiday baking? Join Dorie in support of Cookies for Kids' Cancer, which encourages people to host bake sales, cookie exchanges, and community events to fund pediatric cancer research. Since 2008, Cookies for Kids' Cancer has hosted more than 7,000 bake sales and raised $7 million. "You don't have to be a professional baker," Dorie says. "Anyone can help—anywhere and at any time. The most important thing is just to get involved." *cookiesforkidscancer.org*





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My lifestyle gave me wrinkles

Diana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

I had tried other products from New Nordic with good results so when I noticed they had a skin care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don't feel like stopping the tablets because I feel my skin looks better, tighter and healthier. Skin Care will surely be part of my daily skin care routine now."

Diana, Copenhagen

YOUR SKIN TABLET

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Vanilla Cookie Dough

1 lb. butter, cut into chunks and softened
1⅓ cups sugar
1 tsp. salt
2 egg whites
1 Tbsp. vanilla
4 cups all-purpose flour

In a very large mixing bowl beat butter with an electric mixer on medium to high speed 30 seconds. Add sugar and salt; beat on medium speed 3 minutes or until smooth and creamy. Add egg whites and vanilla; beat until combined. Gradually add flour, beating until combined.

Double-Ginger Crumb Cookies

HANDS-ON TIME 20 min.
TOTAL TIME 1 hr., 40 min.

¼ recipe Vanilla Cookie Dough, *above*
1 tsp. grated fresh ginger
¼ cup all-purpose flour
2 Tbsp. sugar
¼ tsp. ground ginger
⅛ tsp. salt
2 Tbsp. cold butter, cut into small pieces

1. In a large bowl stir together dough and fresh ginger. Working between sheets of parchment, roll dough to ¼-inch thickness. Slide onto a cookie sheet. Freeze at least 1 hour or chill at least 3 hours.
2. For topping, in a bowl combine flour, sugar, ground ginger, and salt. Cut in butter until mixture just starts to cling together. Cover. Chill at least 1 hour.
3. Preheat oven to 350°F. Line cookie sheets with parchment; set aside.
4. Peel dough from parchment; place on a lightly floured surface. Using a 2-inch round cutter, cut circles from dough. Arrange 1½ inches apart on prepared cookie sheets. Gather scraps, roll, chill until firm, and cut as above. Sprinkle topping over cutouts.
5. Bake 14 to 16 minutes or until golden. Cool on cookie sheets 5 minutes. Remove. Cool on wire racks. Makes 15 cookies.
EACH COOKIE *131 cal, 8 g fat, 20 mg chol, 128 mg sodium, 14 g carb, 0 g fiber, 1 g pro.*

Vanilla Polka Dots Cookies

HANDS-ON TIME 15 min. TOTAL TIME 40 min.

⅓ cup pearl sugar (Swedish sugar)
¼ recipe Vanilla Cookie Dough, *above*

1. Preheat oven to 350°F. Line cookie sheets with parchment. Place sugar in a small bowl.
2. Shape rounded teaspoons of dough into 1¼-inch balls. Roll in sugar to coat. Arrange 2 inches apart on prepared cookie sheets. Gently press each ball with bottom of a small glass.
3. Bake 16 to 18 minutes or until golden around edges and bottoms. Cool on



cookie sheets 5 minutes. Remove. Cool on wire racks. Makes about 20 cookies.
EACH COOKIE *95 cal, 5 g fat, 13 mg chol, 75 mg sodium, 12 g carb, 0 g fiber, 1 g pro.*

Christmas Spice Cookies

HANDS-ON TIME 20 min. TOTAL TIME 1 hr., 40 min.

- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger
- Pinch ground cloves
- Pinch ground allspice
- ¼ recipe Vanilla Cookie Dough, *opposite*
- 4 tsp. white sanding sugar
- 4 tsp. turbinado sugar

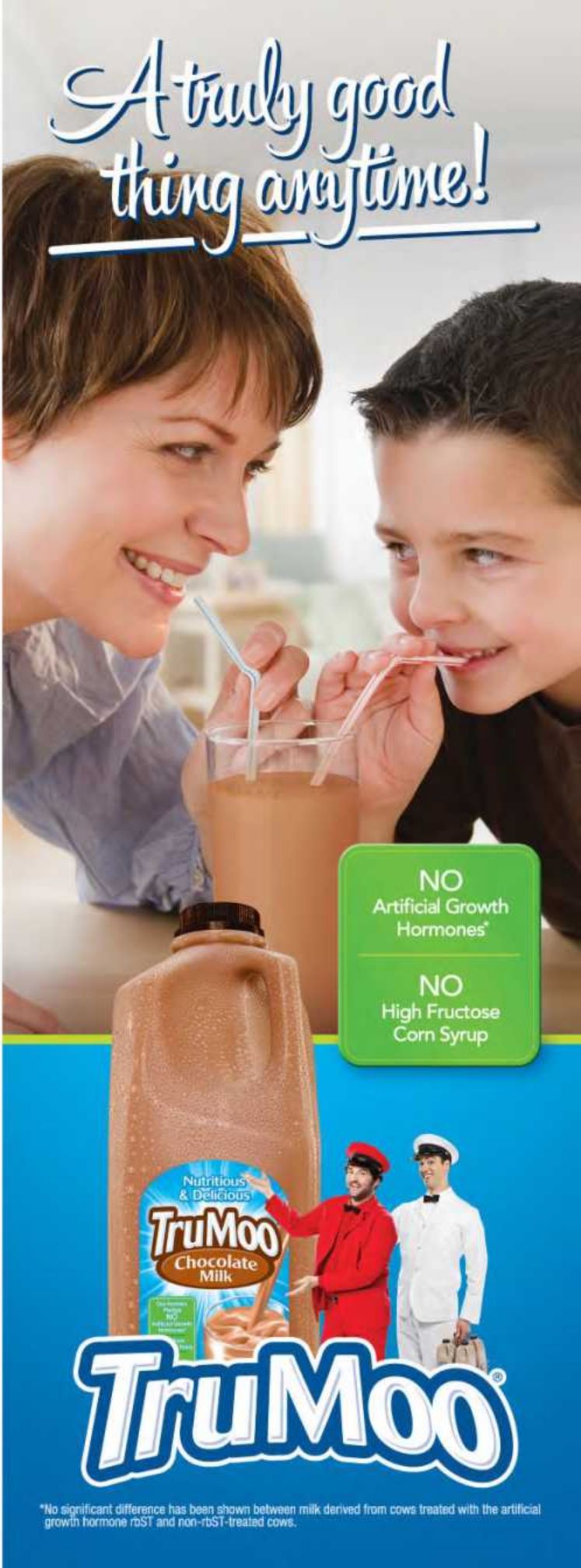
1. In a large bowl stir together ¼ tsp. of the cinnamon, ginger, cloves, and allspice. Add dough; stir to combine. Working between sheets of parchment, roll dough to ¼-inch thickness. Slide onto a cookie sheet. Freeze at least 1 hour or chill at least 3 hours.
2. Preheat oven to 350°F. Line cookie sheets with parchment; set aside. In a small bowl combine sugars and remaining ¼ tsp. cinnamon.
3. Peel dough from parchment; place on a lightly floured surface. Using a 2-inch round cutter, cut circles from dough. Arrange 1½ inches apart on prepared cookie sheets. Gather scraps, roll, chill until firm, and cut as above. Sprinkle tops with sugar-cinnamon mixture.
4. Bake 14 to 16 minutes or until golden around edges and bottoms. Cool on cookie sheets 5 minutes. Remove. Cool on wire racks. Makes 15 cookies.
EACH COOKIE *112 cal, 6 g fat, 16 mg chol, 95 mg sodium, 13 g carb, 0 g fiber, 1 g pro.*

White Chocolate-Poppy Seed Cookies

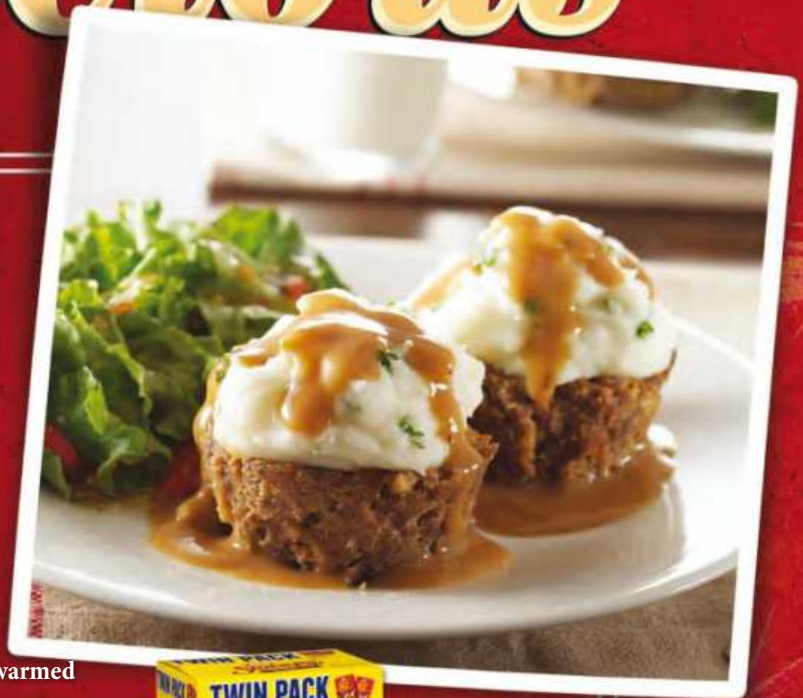
HANDS-ON TIME 20 min. TOTAL TIME 2 hr., 10 min.

- ¼ recipe Vanilla Cookie Dough, *opposite*
- ⅓ cup finely chopped white baking pieces
- 1 Tbsp. poppy seeds
- ½ cup white chocolate baking pieces, melted

1. Place dough in a large bowl. Add chopped white baking pieces and poppy seeds; stir to combine. Working between sheets of parchment, roll dough to ¼-inch thickness. Slide onto a cookie sheet. Freeze at least 1 hour or chill at least 3 hours.
2. Preheat oven to 350°F. Line cookie sheets with parchment; set aside.
3. Peel dough from parchment. Place on a lightly floured surface. Using a 2-inch round cutter, cut circles from dough. Arrange 1½ inches apart on cookie sheets. Gather scraps, roll, chill until firm, and cut as above.
4. Bake 14 to 16 minutes or until golden around edges and bottoms. Cool on cookie sheets 5 minutes. Remove. Cool on wire racks.
5. Spread tops of cooled cookies with melted white baking pieces. Sprinkle with additional *poppy seeds*. Chill 30 minutes or until chocolate sets. Makes 18 cookies.
EACH COOKIE *148 cal, 8 g fat, 14 mg chol, 94 mg sodium, 16 g carb, 0 g fiber, 1 g pro.*



MAKE EVERYDAY Delicious



Potato-Topped Mini Meatloaves

What You Need

- 1 lb. ground beef
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix
- 1 cup water
- 2 Tbsp. A.1. Original Sauce
- 6 oz. (3/4 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, cubed
- 3 cloves garlic, minced
- 3 cups hot mashed potatoes
- ¼ cup chopped fresh parsley
- 1 jar (12 oz.) HEINZ HomeStyle Savory Beef Gravy, warmed

Make It

Heat oven to 375°F.
Mix meat, stuffing mix, water and steak sauce; press into 12 muffin cups sprayed with cooking spray.
Bake 20 to 25 min. or until done (160°F).
Add cream cheese and garlic to potatoes; stir until cream cheese is melted. Stir in parsley. Scoop over meatloaves. Serve with gravy.



KraftHeinz

Leftover Makeovers

Leftover Turkey & Stuffing Panini

What You Need

- 2 Tbsp. HEINZ HomeStyle Roasted Turkey Gravy
- 1 Tbsp. KRAFT Real Mayo Mayonnaise
- 2 slices rustic white bread
- 3 oz. leftover roasted turkey, sliced
- ¼ cup prepared STOVE TOP Stuffing Mix for Turkey
- 2 Tbsp. cranberry sauce
- 1 Tbsp. butter, softened

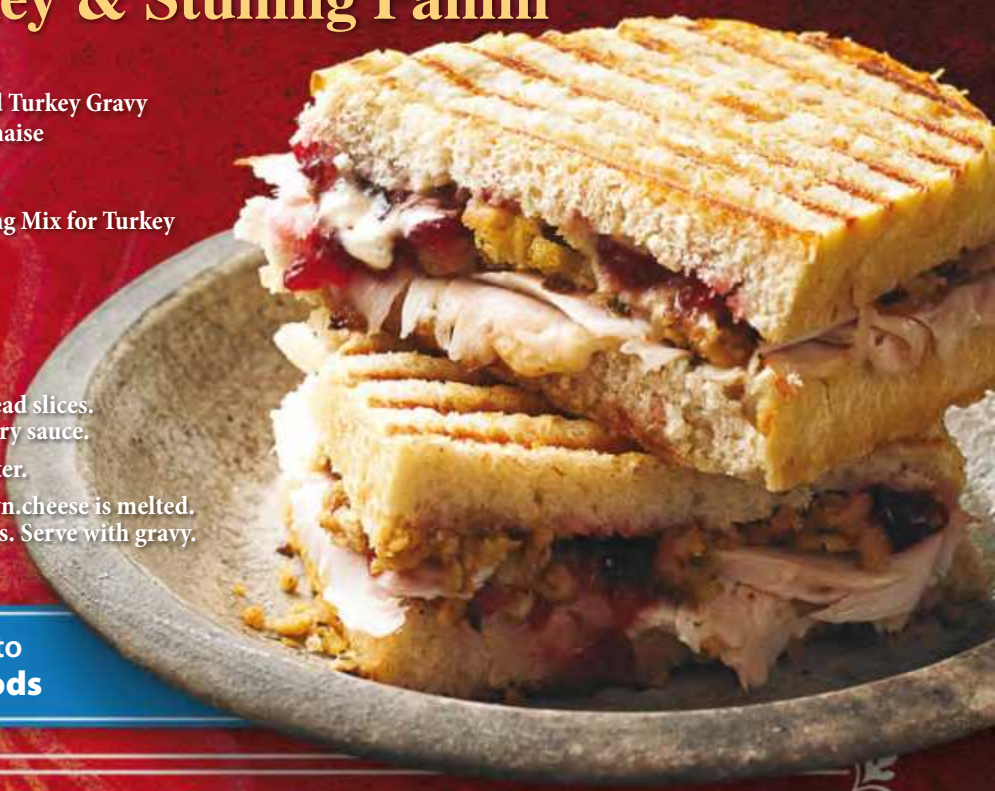
Make It

Heat panini grill.

Mix gravy and mayo; spread onto bread slices. Fill with turkey, stuffing and cranberry sauce.

Spread outside of sandwich with butter.

Grill 3 to 4 min. or until golden brown.cheese is melted. Stir in parsley. Scoop over meatloaves. Serve with gravy.



For additionl recipes, go to
walmart.com/kraftfoods

Leftover Turkey and Gravy Sliders

What You Need

- 1 pkg. (6 oz.) STOVE TOP Cornbread Stuffing Mix
- 3 cups chopped leftover roasted turkey
- 1 cup KRAFT Shredded Cheddar Cheese
- ½ cup chopped red peppers
- 2 eggs, beaten
- 2 Tbsp. butter, divided
- 12 savory butter dinner rolls, split
- 1 jar (12 oz.) HEINZ HomeStyle Roasted Turkey Gravy, warmed

Make It

Prepare stuffing in large bowl as directed on package. Add turkey, cheese, peppers and eggs; mix just until blended.

Shape into 24 patties, using about 3 Tbsp. stuffing mixture for each patty.

Melt 1 Tbsp. butter in large nonstick skillet on medium heat. Add 12 patties; cook 5 min. on each side or until golden brown on both sides. Remove from skillet; cover to keep warm. Repeat with remaining butter and turkey patties.

Place roll halves, cut sides up, on platter; top with turkey patties. Drizzle with gravy, adding about 1 Tbsp. to each.



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A TOAST TO THE ROAST

Recipes and notes from
our feature story beginning on *page 94*.

Rosemary Olive Roast Beef

Garlic Rosemary Olives spooned over just before serving add a punch of briny intensity to what Chef Scott Peacock (the mind behind this collection of roasts and sides) describes as "very serious beef."

HANDS-ON TIME **25 min.**
TOTAL TIME **2 hr., 10 min.**

- 1 3½- to 4-lb. beef sirloin tip roast
- 2 Tbsp. chopped fresh rosemary
- 1 Tbsp. kosher salt
- 2 tsp. freshly ground black pepper
- 2 Tbsp. olive oil
- Garlic Rosemary Olives (*right*)

Preheat oven to 350°F. Season beef all over with rosemary, salt, and pepper. In a 12-inch skillet heat oil over medium-high heat. Add roast to skillet; brown well on all sides. Transfer to a rack set in a roasting pan. Roast 1 hour and 30 minutes to 1 hour and 45 minutes or until 135°F. Remove from oven. Transfer to a cutting board. Cover. Let stand 15 minutes. Serve with Garlic Rosemary Olives. Makes 8 to 10 servings.

Garlic Rosemary Olives In a large skillet warm 1½ cups *pitted mixed olives*, 5 cloves *peeled, halved garlic*, 3 Tbsp. *olive oil*, 3 sprigs *fresh rosemary*, and 3 sprigs *fresh thyme* over medium heat 3 to 5 minutes until warmed through, swirling occasionally to avoid browning garlic. Season with *kosher salt*, *black pepper*, and ¼ tsp. *Aleppo pepper*. Cook 1 minute more. Spoon warm over roast.

EACH SERVING *483 cal, 34 g fat, 146 mg chol, 703 mg sodium, 3 g carb, 1 g fiber, 41 g pro.*

SCOTT'S ROAST BEEF SANDWICH
Leftover roast beef still gets the royal treatment in Scott's next-day sandwich. He piles slices onto butter-toasted ciabatta and spreads on mayo and Dijon mustard. A handful of peppery watercress echoes the beef's herb and black pepper crust.



Carrot & Parsnip Swirl

To concentrate the deep sweetness of root vegetables, Scott cooks them without adding liquid. Stirring is essential to prevent them from caramelizing, so stay nearby to give them a toss every few minutes.

HANDS-ON TIME **30 min.**
TOTAL TIME **1 hr.**

- ½ cup butter
- 2 lb. thin parsnips, peeled and sliced ¼ inch thick
- 2 lb. carrots, peeled and sliced ¼ inch thick
- 8 oz. russet potatoes, peeled and sliced ¼ inch thick
- 1 leek, white with very small amount of light green, cut into ½-inch slices and washed
- 1¼ cups whipping cream
- ¼ tsp. freshly grated nutmeg

1. In a large saucepan melt 3 Tbsp. of the butter over medium heat. Add parsnips; season with *kosher salt*. Reduce heat to low. Cook, covered, 35 to 45 minutes, stirring occasionally to prevent browning. In a separate saucepan repeat with 3 Tbsp. of the butter, carrots, potatoes, leeks, and *kosher salt*.

2. Using an immersion blender or a food processor, puree parsnips with ¾ cup of the cream and 1 Tbsp. of the butter until smooth. Repeat with carrot-mixture, the remaining ½ cup cream, and remaining butter. Add additional cream to each mixture as needed. Season to taste with *kosher salt* and nutmeg. To serve, swirl mixtures together in a serving dish. Top with *fresh snipped chives*. Makes sixteen ½-cup servings.

EACH SERVING *165 cal, 13 g fat, 41 mg chol, 148 mg sodium, 12 g carb, 3 g fiber, 1 g pro.*

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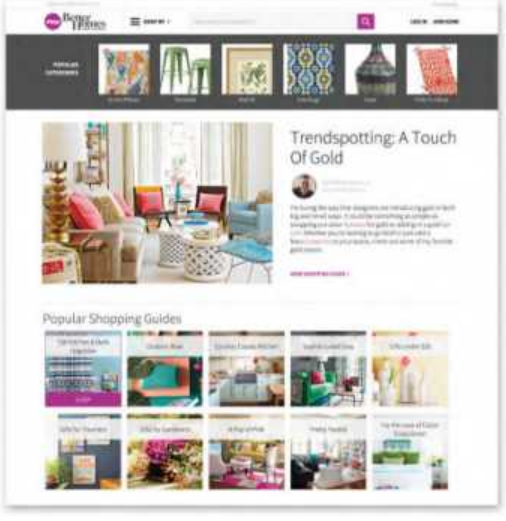
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Pineapple-Glazed Pork Roast

To ensure you get the most flavor out of the brown sugar brine, look for a pork loin that isn't pre-injected with saline solution.

HANDS-ON TIME **25 min.**
TOTAL TIME **9 hr., 30 min.**

- 8 cups cold water
- ½ cup kosher salt
- 4 fresh bay leaves
- ¼ cup packed brown sugar
- 1 3½- to 4-lb. center cut pork loin
- 2 Tbsp. olive oil
- 1 Tbsp. butter
- ½ cup grainy mustard
- ½ cup packed brown sugar
- 1 large ripe pineapple, peeled, cored, and cut into chunks (5 cups)
- Aleppo pepper

1. In a large pot stir together water, salt, bay leaves, and the ¼ cup brown sugar until dissolved. Add pork. Cover and chill at least 8 hours or up to 48 hours.
2. Preheat oven to 425°F. Remove pork from brine; discard liquid and reserve bay leaves. Pat pork dry. In a very large skillet heat oil and butter over medium heat. Add pork; brown well on all sides. Transfer to a foil-lined roasting pan. Spread pork all over with mustard. Pat the ½ cup brown sugar evenly over pork. Spoon pineapple over. Sprinkle with Aleppo pepper.
3. Bake 15 minutes. Reduce heat to 350°F. Roast 40 to 50 minutes more or until done (145°F), basting once and adding bay leaves after 30 minutes. Transfer roast to a cutting board. Cover. Let stand 10 minutes before slicing. Spoon pan juices over. Makes 10 to 12 servings.
EACH SERVING *379 cal, 17 g fat, 112 mg chol, 517 mg sodium, 21 g carb, 1 g fiber, 33 g pro.*

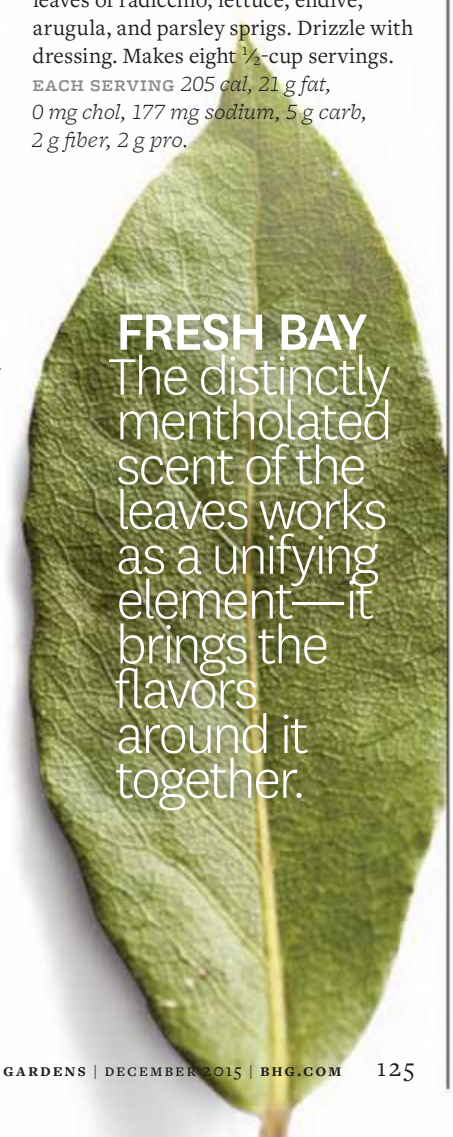
Whole-Leaf Endive Salad

"The takeaway here is to use the tender inner leaves of a head of lettuce," Scott says. "It's astonishing how long they remain intact, even once they're dressed."

TOTAL TIME **30 min.**

- 2 cloves garlic, halved
- ¼ cup red wine vinegar
- 1 tsp. honey
- 1 tsp. Dijon-style mustard
- ¾ cup olive oil
- ¼ cup chopped curly parsley
- 1 head radicchio, separated into leaves (5 cups)
- 1 head Bibb lettuce, firm inner leaves only (5 cups)
- 1 to 2 heads Belgian endive, separated into leaves (2½ cups)
- 1 bunch arugula (2 cups)
- 1 bunch curly parsley, leaves and tender parts only (2 cups)

1. For dressing, place garlic on cutting board. Sprinkle with 1 tsp. *kosher salt;* coarsely chop. Rub to a paste with the side of a chef's knife. Transfer to a small bowl; whisk in vinegar. Let stand 15 minutes. Whisk in honey, mustard, and ¼ tsp. *freshly ground pepper.* Gradually whisk in oil. Stir in chopped parsley.
2. In a large serving bowl arrange whole leaves of radicchio, lettuce, endive, arugula, and parsley sprigs. Drizzle with dressing. Makes eight ½-cup servings.
EACH SERVING *205 cal, 21 g fat, 0 mg chol, 177 mg sodium, 5 g carb, 2 g fiber, 2 g pro.*



FRESH BAY
The distinctly mentholated scent of the leaves works as a unifying element—it brings the flavors around it together.





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Stuffed Chicken Roast

This is a get-to-know-your-butcher recipe. Ask for whole, or unsplit, chicken breasts. They tend to run a bit big these days, so keep a close eye on the total weight—no more than 3 lb.

HANDS-ON TIME 1 hr.
TOTAL TIME 2 hr., 55 min.

- ¾ cup ruby port
- ½ cup dried tart red cherries
- ¼ cup sugar
- ½ lb. hot Italian sausage, casing removed if present
- 1 Tbsp. butter
- 1 medium onion, chopped (½ cup)
- 5 oz. fresh baby spinach
- 2¼ oz. provolone cheese, cut into ½-inch cubes
- ¼ cup soft bread crumbs
- 2 Tbsp. chopped curly parsley
- 2 whole skinless, boneless chicken breasts (about 3 lb.)
- 12 slices thick-cut bacon (1 lb.)

1. In a small saucepan combine port, cherries, and sugar. Bring to boiling, stirring constantly to dissolve sugar. Reduce heat. Simmer, uncovered, 10 minutes. Remove from heat. Cool completely (or cover and chill overnight). Drain cherries. Reserve port sauce. Transfer cherries to a large bowl.
2. Preheat oven to 400°F. In a large skillet cook sausage over medium heat until browned, stirring to break up pieces. Remove sausage from skillet, reserving drippings. Add to bowl with cherries. Add butter and onion to skillet; cook and stir until tender, about 5 minutes. Gradually add spinach; cook and stir until wilted. Transfer to a colander set over a bowl. Press out liquid with the back of a spoon; discard liquid. Coarsely snip spinach mixture; add to bowl with cherries and sausage. Add cheese, bread crumbs, and parsley; stir to combine. Set mixture aside.
3. Pound chicken between 2 pieces of plastic wrap to an even ½-inch thickness. Set aside. On 2 pieces of plastic wrap overlapped to form one large sheet, lay six 18-inch pieces of kitchen string vertically at 2-inch intervals. Weave a 24-inch piece of kitchen string crosswise, along the middle. Lay bacon strips at a slight diagonal across string, overlapping slices. Arrange chicken evenly on top of bacon, leaving a 1½-inch bacon border at the top and bottom, overlapping chicken pieces as needed to create a rectangle. Press to make even thickness. Sprinkle with *kosher salt* and *pepper*. Spread sausage mixture across center of chicken. Using the plastic wrap, quickly lift and fold chicken and bacon over filling. Tuck chicken and bacon under opposite side to form a roll. Using plastic wrap, turn seam side up. Pull plastic wrap away and tie strings to form a tight roll, tying the horizontal string last. Add string and toothpicks to secure where necessary.
4. Line a roasting pan with foil; add rack. Transfer roast, seam side down, to rack. Roast 1¾ hours or until done in center (165°F). Transfer roast to a cutting board. Let stand 10 minutes before slicing. Serve with reserved port sauce. Makes 10 to 12 servings.

EACH SERVING *486 cal, 23 g fat, 139 mg chol, 692 mg sodium, 17 g carb, 1 g fiber, 39 g pro.*



FOLD, DON'T ROLL
The bacon, chicken, and filling create a lot of moving parts. Use the plastic wrap to fold the roll, then tuck and squish things as needed while tying and shaping the roast. This is a move to make without hesitation. Fold confidently! Add string and toothpicks to secure weak spots. Keep in mind the underbelly of the roast will go largely unseen. There are few things a crust of browned bacon can't hide.

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Harvest Wild Rice Salad

Next to the Stuffed Chicken Roast, this refreshing wild rice salad filled with oranges, apples, and pears, plus zippy watercress, is the duo of chicken and wild rice all grown up.

HANDS-ON TIME **30 min.**
TOTAL TIME **3 hr.**

- 1½ cups uncooked wild rice, rinsed and drained
- 4 cups water
- 1 recipe Orange Cider Dressing, *below*
- 4 navel oranges, peeled, sectioned, and cut into 1-inch pieces (1 cup)
- 2 medium stalks celery, bias-sliced ¼-inch thick
- 1 red apple, cored and coarsely chopped
- 1 pear, cored and coarsely chopped
- 1 cup coarsely chopped roasted, salted pistachios
- 2 cups watercress

1. Place rice, water, and 2 tsp. *kosher salt* in a large saucepan. Bring to boiling; reduce heat. Cover and simmer 45 to 50 minutes or until rice is tender. Drain well. Cool. Make Orange Cider Dressing. Add rice; toss to combine. Cover and chill at least 1 hour or up to 24 hours.
2. To serve, add oranges, celery, apple, pear, and pistachios to rice mixture; stir to coat. Add watercress; toss lightly. Makes twenty-two ½-cup servings.

Orange Cider Dressing
In a large, nonreactive bowl combine ¼ cup *cider vinegar,* 2 Tbsp. *finely chopped shallot,* 1 tsp. *kosher salt,* and ½ tsp. *freshly ground black pepper.* Let stand 10 minutes. Whisk in 1 tsp. *orange zest,* 5 Tbsp. *orange juice,* 1 Tbsp. *honey,* and 1 tsp. *Dijon-style mustard.* Slowly whisk in ¼ cup *extra-virgin olive oil.* Season to taste with *kosher salt.*

EACH SERVING *120 cal, 5 g fat, 0 mg chol, 190 mg sodium, 16 g carb, 2 g fiber, 3 g pro.*

SPLITTING RICE
Just like pasta, you can cook wild rice to your preferred doneness. For this salad we aimed for al dente. The wild rice still has a good, toothy bite but is porous enough to soak up the dressing as it sits. When wild rice is cooked longer, it begins to split, revealing the white, tender insides.



GIVE IT A RINSE
Washing wild rice removes any dust or debris. Swish around a few times in hot water (don't forget to drain) before cooking.

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4 cups sifted all-purpose flour (sift flour before measuring)
2 tsp baking powder
1 tsp salt
1 1/2 sticks butter or margarine, softened
1 1/2 cups Domino® Granulated Sugar
2 eggs
1 1/2 tsp vanilla extract

Preheat oven to 350°F. Sift together flour, baking powder and salt; set aside.

In a large bowl, beat the softened butter with the sugar until fluffy. Add eggs and vanilla, beat well. Stir in dry ingredients, a third at a time, until all is incorporated for a smooth, stiff dough.

Using waxed paper lightly dusted with confectioners' sugar, roll out a portion of the dough into a 1/4 inch thick rectangle. Press cookie cutter of desired shape into dough. Trim away excess dough. Gently lift cut-out cookies from waxed paper and place on greased cookie sheets. Repeat rolling and cutting until all dough is used.

Bake at 350°F for 10 minutes or until cookies are firm and light golden brown. Remove from cookie sheet and allow to cool completely before decorating.



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Tomato & Onion Brisket

Aside from the longer cooking time, the key to a tender brisket is adding the smallest possible amount of liquid. "It's very easy for a braise to become a boil," Scott says. "When the liquid levels are right, the flavor concentrates in the meat and in the sauce."

HANDS-ON TIME **45 min.**
TOTAL TIME **4 hr., 10 min.**

- 1 3½- to 4-lb. fresh beef brisket, trimmed of all but ¼ inch fat
- 1 Tbsp. olive oil
- 1 Tbsp. schmaltz (rendered chicken fat)
- 4 large onions, chopped (4 cups)
- 1 head garlic, broken into cloves, peeled, and halved
- 1 14½-oz. can diced tomatoes (undrained)
- 1 cup chicken stock or reduced-sodium chicken broth
- 1 cup dry white wine
- 4 fresh bay leaves
- 1 celery heart, halved lengthwise
- 1 Tbsp. tomato paste
- Curly parsley, torn
- Finely grated fresh horseradish
- Ginger Pickled Onions, *below*

1. Preheat oven to 325°F. Season beef with *kosher salt* and *pepper*. In a 12-inch skillet heat oil and schmaltz over medium-high heat. Add meat; brown well on both sides. Transfer to a 3-qt. baking dish. Set aside. Add onions and garlic to skillet; cook and stir until onions are translucent, about 5 minutes. Stir in tomatoes, stock, wine, bay leaves, celery heart, and tomato paste. Bring to boiling. Boil gently, uncovered, 2 to 3 minutes. Pour mixture around meat. Cover baking dish with parchment, then tightly with a double thickness of foil. Roast 3 to 3½ hours. Transfer roast to a cutting board. Cover. Let stand 15 minutes.
2. Skim fat from tomato mixture; discard bay leaves. Return baking dish to oven. Bake 10 minutes more or until sauce is thickened. Slice meat across the grain and serve with tomato mixture. Top with parsley and horseradish. Serve with Ginger Pickled Onions. Makes 10 to 12 servings.
Ginger Pickled Onions In a nonreactive saucepan combine 1 cup *cider vinegar*, ¾ cup packed *light brown sugar*, 1 tsp. *kosher salt*, and a 1½-inch piece of *peeled, thinly sliced ginger*. Bring to a rapid simmer, stirring occasionally until sugar is dissolved. Simmer, uncovered, 5 to 7 minutes or until syrupy. Add 1 *thinly sliced red onion*; simmer 1 minute more. Remove from heat. Cool completely.
EACH SERVING *583 cal, 36 g fat, 107 mg chol, 514 mg sodium, 30 g carb, 3 g fiber, 29 g pro.*

Hanukkah hall of fame

You've got the brisket and the kugel. Here are a few more of our favorites to round out the menu.



THE CLASSIC
Crispy exteriors, creamy insides: These crowd-pleasing latkes are a four-step recipe. Don't forget the applesauce and sour cream! ***BHG.com/ClassicLatkes***



HONEY AND SPICE
Always on the hunt for a new side dish, we fell head over heels for roasted carrots drizzled with honey and topped with a fragrant nut and spice mixture. ***BHG.com/Carrots***



COMFORT + STYLE
Compliments of chef Todd Gray of Equinox Restaurant in Washington, D.C., this matzo ball soup features homemade chicken broth and caramelized onions. ***BHG.com/Matzo***

Sweet Root Vegetable Kugel

Schmaltz, aka rendered chicken fat, is found near the meat counter at grocery stores or at well-stocked butcher shops. Whether you keep kosher or not, this silky, nutty-tasting fat is a delicious alternative to butter.

HANDS-ON TIME **50 min.**
TOTAL TIME **2 hr., 20 min.**

- 2 Tbsp. schmaltz (rendered chicken fat)
- 1 lb. rutabaga, peeled and cubed
- ½ tsp. freshly grated nutmeg
- ½ medium butternut squash, peeled, seeded, quartered, and sliced (3 cups)
- 1 sweet potato, peeled, quartered, and sliced
- 1 large onion, chopped
- 1½ lb. Swiss chard, stems removed, leaves and stems chopped
- 10 eggs
- ½ cup extra-virgin olive oil
- ½ cup chopped curly parsley
- ¼ cup crushed matzo
- ½ cup dried prunes, coarsely chopped

1. Preheat oven to 350°F. Line an 8-inch springform pan with parchment, allowing parchment to extend about 1 inch above the edge of the pan. Wrap foil tightly around outside of the pan to prevent leaks. Set inside a shallow baking pan. Set pans aside.
2. In a 12-inch skillet heat 1 Tbsp. of the schmaltz over medium heat. Add rutabaga; season with *kosher salt, pepper*, and nutmeg. Cook and stir 7 minutes or until tender. Add squash and sweet potato; cook 10 minutes more or until vegetables are tender, stirring frequently. Remove vegetables from skillet. Add remaining schmaltz to skillet. Add onion; cook and stir 4 to 5 minutes or until tender. Add chard leaves; cook 4 minutes more. Transfer to a colander; press out liquid and discard. Add chard stems to skillet; cook and stir 5 minutes or until tender.
3. In a large bowl whisk together eggs, oil, parsley, matzo, and ½ tsp. *kosher salt* until well combined.
4. Place chard mixture in the bottom of the prepared pan. Top with half of the rutabaga mixture, then prunes. Top with remaining rutabaga mixture. Carefully pour egg mixture over layers. Sprinkle with cooked stems. Bake 1 hour and 15 minutes or until set in the center (160°F). Remove. Cool in pan 15 minutes. Remove foil and sides of pan. Peel away parchment. Serve warm or at room temperature. Makes 12 servings.
EACH SERVING *246 cal, 15 g fat, 157 mg chol, 341 mg sodium, 21 g carb, 4 g fiber, 8 g pro.* ■



SAUSAGE CORNBREAD STUFFING

INGREDIENTS:

1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
2 cups celery, chopped
1 cup onion, finely chopped
4 cups cornbread, toasted & chopped
1/4 cup fresh parsley, chopped
1 tsp. poultry seasoning
1 cup chicken broth
1 egg, lightly beaten
1/2 cup pecans, chopped (optional)

DIRECTIONS:

1. **PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. **ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

PREP TIME: 20 min. **COOK TIME:** 45 min.
COOK'S TIP: To toast cornbread, bake at 400°F for 10 min.

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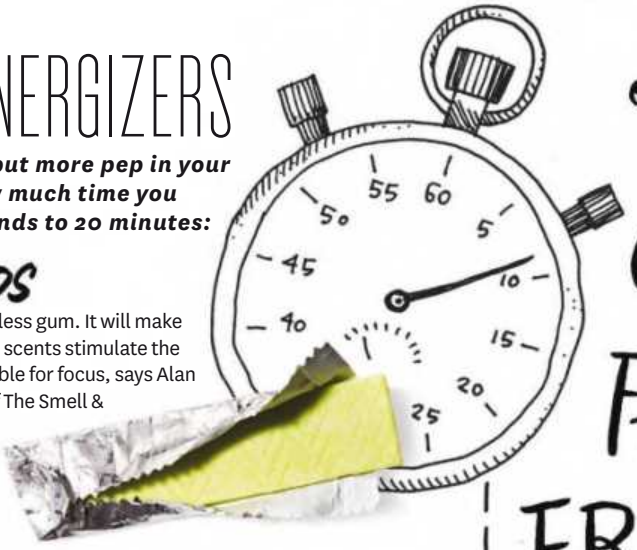
POWER up

Work, family, home—and this time of year, you can throw in shopping, houseguests, and the fact that the days are literally getting shorter. You need energy more than ever. The good news: With a few strategic changes, you can recharge your batteries. Follow our experts' tips, and you'll never do the bobblehead nod through a meeting or dinner date again.

BY LESLIE GOLDMAN | ILLUSTRATIONS BY ANGELA SOUTHERN

QUICKIE ENERGIZERS

Four easy ways to put more pep in your step, based on how much time you have, from 30 seconds to 20 minutes:



30 SECONDS

Chew mint or citrus sugarless gum. It will make you more alert, and these scents stimulate the area of the brain responsible for focus, says Alan R. Hirsch M.D., director of The Smell & Taste Treatment and Research Foundation.

1 MINUTE

Sit or stand up straight and stretch. When you hunch, your breathing is shallower. "Good posture opens your lungs, so you breathe more deeply and more oxygen circulates through your body," says Jonny Bowden, Ph.D., author of *The 150 Most Effective Ways to Boost Your Energy*. Try his "polish the air" move: Sit up straight, elbows bent 90 degrees at your sides, palms down. Keeping shoulders relaxed, move your hands in circles (like you're polishing furniture) for 20 seconds.

10 MINUTES

Head outdoors. Even if you just take a quick walk or read a book with your kiddo on the porch, "being in a natural setting allows your mind to escape," Bowden says. In one study, people who walked through a park reported feeling less fatigued than those who took a stroll in a mall.

20 MINUTES

Score a power nap. The sweet spot to feel more alert is between 15 and 20 minutes. Snooze longer than 30, and you risk a groggy awakening.

"I stay CONNECTED to my FAMILY AND FRIENDS, who help me RECHARGE."



KATHRYN BOLING, 57
Baltimore, Maryland
Primary care physician



PHOTOS: (GUM) JAY MUCKLE, (SCARF) SHUTTERSTOCK, (KATHRYN) KEVIN PARKS/MERCY MEDICAL CENTER



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High-Voltage Eating

Food is like gasoline: Quality, quantity, and frequency all matter. Feed your body junk—and you'll feel like junk. Your winning combo: meals and snacks that are a balance of protein, fiber, and healthy fats, which keep you energized by steadying your blood sugar, says Joy Bauer, R.D., founder of Nourish Snacks and NBC's *Today* show nutritionist. Her ideal day of eating for energy:

BREAKFAST *(aim for 300 calories)*

1 egg scrambled with 2–3 egg whites, chopped tomatoes, spinach, and 1 Tbsp. shredded reduced-fat cheese; 1 slice whole grain toast.



ENERGY STAR
Spinach is full of iron, which helps shuttle oxygen through the body.

LUNCH *(aim for 400 calories)*



Turkey on whole grain bread with lettuce, tomato, and 1 Tbsp. hummus; baby carrots, celery, and pepper sticks.

ENERGY STAR
One red bell pepper has twice as much vitamin C as an orange, which keeps your immune system strong and energy up.

DINNER *(aim for 500 calories)*

Salmon burger (no bun) with avocado and salsa; baked sweet potato and green beans.



ENERGY STAR
¼ cup avocado packs 3½ g fiber.

SNACKS *(aim for two 100- to 200-calorie snacks a day)*

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Energizing trail mix: handful toasted edamame + 1 cup air-popped popcorn + 1 Tbsp. dried fruit.

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KRISTEN ENGLE, 33 Elmhurst, Illinois
Mom of four boys

PHOTOS: (KRISTEN) KRISTIN JANISZEWSKI PHOTOGRAPHY; (AVOCADO) PETER ARDITO; (SPINACH) ANDY LYONS; (RED PEPPER) KARLA CONRAD; (TRAIL MIX) MARTY BALDWIN; (SILVERWARE) SHUTTERSTOCK

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Beverage Breakdown

You need a jolt of energy—fast. Your first thought: liquid caffeine. But is that the smartest choice? We asked Tammy Lakatos Shames, R.D., and Lyssie Lakatos, R.D., to size up your options. Their top pick might surprise you.



COLA

Pros Less caffeine than coffee, so you might not feel so jumpy. ***Cons*** Empty calories! The average 12-oz. can has 10.2 tsp. sugar. Diet soda is sugar-free, but artificial sweeteners might trigger your sweet tooth. *Caffeine count:* 42–52 mg per 12 oz.



COFFEE

Pros Perks you up in 10–20 minutes and has antioxidants that might reduce the risk of Alzheimer's disease and type 2 diabetes. ***Cons*** More than 100 mg of caffeine might make you too wired. *Caffeine count:* Average is 95–200 mg per 8 oz.; varies by brew and brand.



GREEN TEA

Pros Contains powerful antioxidants and theanine, an amino acid that induces a sense of alert mental calm. ***Cons*** Compounds in green tea might bind calcium, so if you're drinking it with your yogurt, you might not absorb all its calcium. *Caffeine count*: 44 mg per 8 oz.



ENERGY DRINKS

Pros Might enhance athletic performance or fuel a workout. ***Cons*** Tons of sugar (some have 20 tsp.) and caffeine amounts that make them potentially dangerous, especially if they also contain stimulants like ginseng and guarana. New research has linked energy drinks with sudden cardiac deaths in young, healthy people. *Caffeine count:* Energy "shots" can have 120 mg per 1.2-oz. serving, while other drinks can have 77–100 mg per 8 oz.



WATER

Pros Ice-cold water perks you up and helps deliver oxygen to muscles and organs. ***Cons*** None.

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TORY JOHNSON, 44 New York City *Weekly* Good Morning America *contributor, mom of two, author of* Shift for Good: Simple Changes for Lasting Joy Inside and Out

GET PHYSICAL

When you hit that slump, that's when you need to move most. Try these three yoga moves from yoga and pilates instructor Kristin McGee to get your blood flowing.

COW & CAT

Alternate between cow and cat poses 5-6 times. The active flow requires you to focus and also gives your metabolism a kick.

WARRIOR 2

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DOWNWARD DOG

Holding this inverted position ushers oxygen-rich blood to the brain.

PHOTOS: (COLA, WATER) SHUTTERSTOCK, (ENERGY DRINK) MARTY BALDWIN, (COFFEE BEANS) PETER ARDITO, (TEA BAGS) VEER, (TORY) HEIDI GUTMAN/ABC

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ANATOMY OF AN ENERGY BAR

They make plenty of promises, but are often loaded with sugar and gone in four bites. Still, bars are better than nothing "when you're on the run and don't have access to whole foods like celery and peanut butter or grape tomatoes and mozzarella," says Chicago nutritionist Dawn Jackson Blatner, R.D. Follow her guidelines when a hectic day forces you to grab a bar:



FIBER
At least 3 g from whole grains like oats and seeds.

PROTEIN
At least 3 g from plant sources like nuts, nut butters, and seeds.

SUGAR
No more than 12 g from less refined sources like dried fruit, honey, maple syrup, and molasses.

STICK TO BARS WITH 150–200 CALORIES

"I TAKE my own 20-MINUTE 'RECESS' EVERY DAY: Going out-Side, RiDing my Bike, OR WATCHING a Funny video."



JACKIE BERLOWSKI, 35 Delray Beach, Florida *Founder of* jackiedeals.com *and mom of a 3-year-old*



JUST BEAT IT

Ready to trade your java for some "Uptown Funk"? Music lowers stress hormones, and research shows that jamming to upbeat tunes gives your energy and mood a lift. Chicago SoulCycle instructor Hallie Wilson created this get-going playlist to add some oomph to your afternoon.

Fleetwood Mac "Go Your Own Way" · **Tom Petty** "American Girl"
The Chainsmokers "Roses" · **Salt-N-Pepa** "Push It"
Billy Joel "Uptown Girl" · **Foo Fighters** "Best of You"
Andy Grammer "Honey, I'm Good"
Jess Glynne "Hold My Hand"
Walk the Moon "Shut Up and Dance"
Steve Miller Band "The Joker" ■

PHOTOS: (IPOD, DRIED FRUIT) MARTY BALDWIN, (OATS & PEANUT BUTTER) JASON DONNELLY



Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**

Important Safety Information

Do not take Prolia® if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

What is the most important information I should know about Prolia®?

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab).

Prolia® can cause serious side effects:
Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

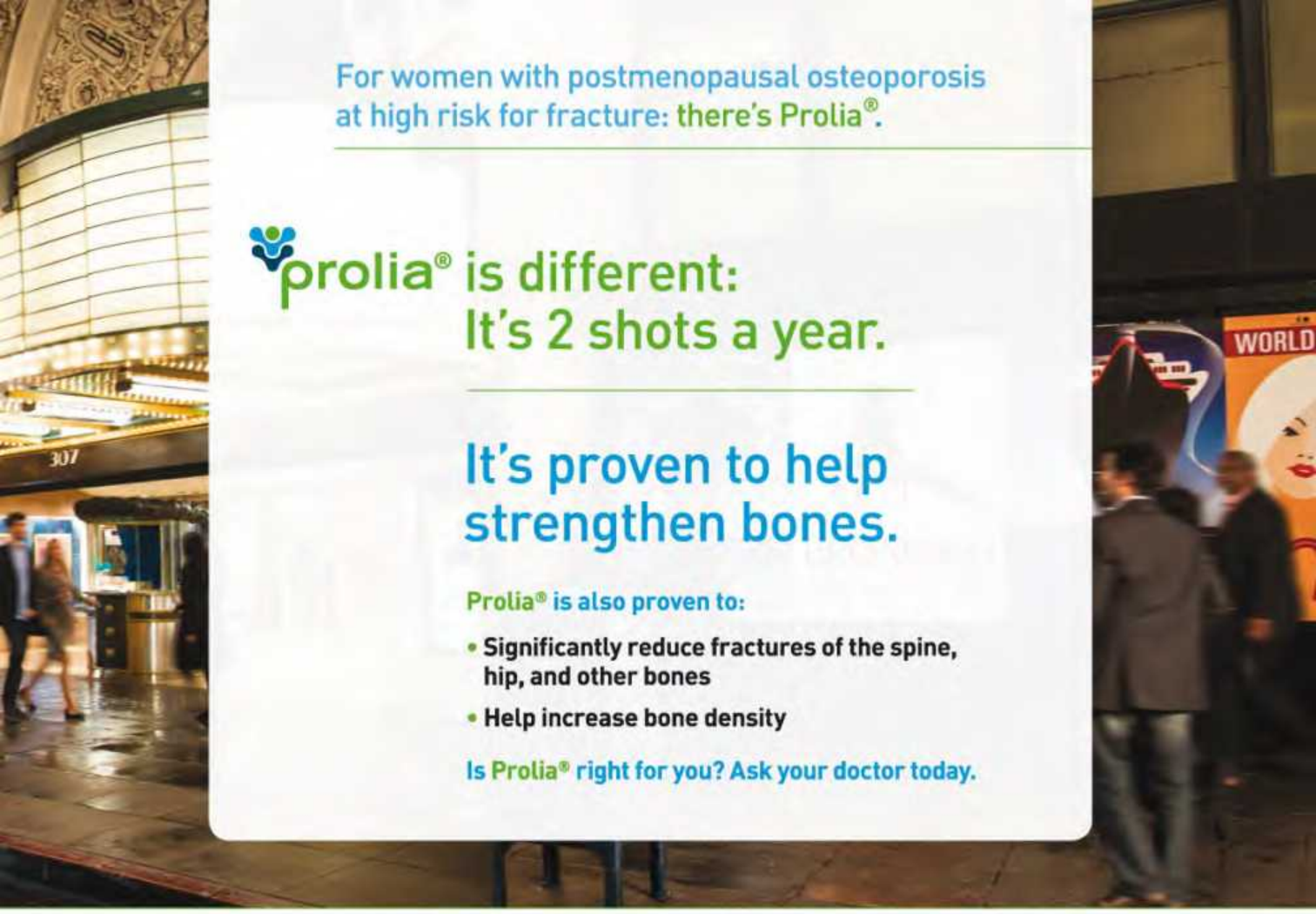
Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.



For women with postmenopausal osteoporosis at high risk for fracture: there's Prolia®.

prolia® is different: It's 2 shots a year.

It's proven to help strengthen bones.

Prolia® is also proven to:

- **Significantly reduce fractures of the spine, hip, and other bones**
- **Help increase bone density**

Is Prolia® right for you? Ask your doctor today.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?
It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on the next page.

Ask your doctor about your bone strength and if Prolia® is right for you.

prolia® (denosumab) injection

2 shots a year proven to help strengthen bones.

www.prolia.com

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prolia® (denosumab) injection

BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) *(denosumab)* Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?
If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

- **Serious allergic reactions.**
  Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:
  - low blood pressure (hypotension)
  - trouble breathing
  - throat tightness
  - swelling of your face, lips, or tongue
  - rash
  - itching
  - hives
- **Low calcium levels in your blood (hypocalcemia).**
  Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:
  - Spasms, twitches, or cramps in your muscles
  - Numbness or tingling in your fingers, toes, or around your mouth

  Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.
- **Severe jaw bone problems (osteonecrosis).**
  Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.
- **Unusual thigh bone fractures.**
  Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.
- **Serious infections.**
  Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

  Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.
  Call your doctor right away if you have any of the following symptoms of infection:
  - Fever or chills
  - Skin that looks red or swollen and is hot or tender to touch
  - Fever, shortness of breath, cough that will not go away
  - Severe abdominal pain
  - Frequent or urgent need to urinate or burning feeling when you urinate
- **Skin problems.**
  Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:
  - Redness
  - Itching
  - Small bumps or patches (rash)
  - Your skin is dry or feels like leather
  - Blisters that ooze or become crusty
  - Skin peeling
- **Bone, joint, or muscle pain.**
  Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?
Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
  - are at high risk for fracture (broken bone).
  - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?
Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?
Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
  - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?
Prolia may cause serious side effects.

- See **"What is the most important information I should know about Prolia?"**
- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia
Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?
Active ingredient: denosumab
Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

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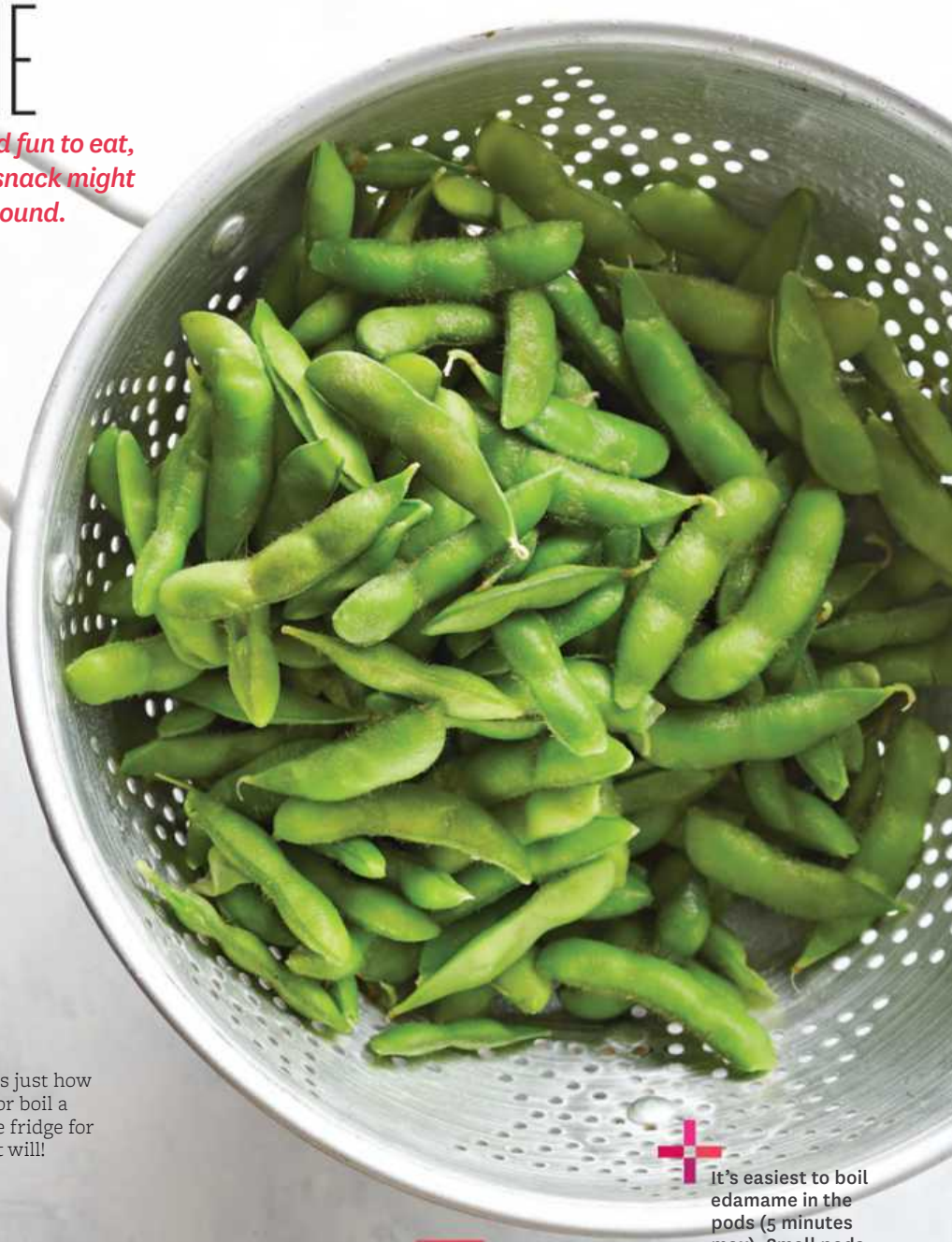
AMGEN®

healthy eating

EDAMAME

Packed with protein and fun to eat, this popular Japanese snack might be the smartest food around.

BY MELANIE MANNARINO



Protein power

Edamame's secret weapon: 11 g protein plus 4 g fiber in half a cup—making a handful of these young soybeans a more satisfying snack than crackers or pretzels. You're also getting a healthy dose of plant-based protein that doesn't contain saturated fat. Edamame is a good vegetarian source of iron, with ½ cup providing 10 percent of your daily needs.

The soy story

There's been some debate about whether the plant-based estrogens, or phytoestrogens, found in soy foods like edamame could increase breast cancer risk, but experts say research doesn't show that to be the case. On the benefit side, plant-based antioxidants help strengthen your immune system.

Instant access

One of edamame's best traits is just how easy it is to snack on. Steam or boil a batch, and it stays fresh in the fridge for up to 3 days. Grab and nibble at will!

It's easiest to boil edamame in the pods (5 minutes max). Small pods cook faster; at 3 minutes, test to make sure they're not getting too mushy.

Easy edamame

Cooked and shelled, it's great for mixing into:

STIR-FRIES The mild flavor pairs well with just about every vegetable and meat you can imagine.

DIPS Mash cooked edamame with ripe avocado and seasonings for a healthier guacamole.

SALADS & PASTA Toss in salads and favorite pasta dishes (hot or cold) to bump up the protein. ■

PHOTO: ANDY LYONS; FOOD STYLING: GREG LUNA

SOURCES: STEPHANIE MEYERS, M.S., R.D., L.D.N., SENIOR CLINICAL NUTRITIONIST AT THE DANA-FARBER CANCER INSTITUTE. GRACE YOUNG, AUTHOR OF *STIR-FRYING TO THE SKY'S EDGE*.

LIVE WELL

Smart strategies for a happy, healthy life

pretty healthy

It's the balm

Picking the right product is key for kicking chapped lips. Here's some healing advice from Debra Jaliman, M.D.

Skip the flavor While delicious, that berry blend can tempt you to lick your lips, exposing skin to excess saliva that evaporates, which can be irritating.

Read the label When lips are severely chapped, beeswax shouldn't be the first ingredient—it protects, but won't treat. Also, avoid drying camphor and menthol. Instead, look for moisturizing oils and butters.

Go hands-free Buy balm in a tube. Using your fingers isn't a good idea in cold and flu season.



TRY IT
Dr. Bronner's Naked Organic Lip Balm moisturizes with avocado, jojoba, and hemp oils. $2.99; *drbronner.com*

pet project

WINTER HEALTH HAZARDS

We asked Joseph Kinnarney, D.V.M., president of the American Veterinary Medical Association, what to watch for to keep dogs and cats safe this season.

ANTIFREEZE It's poisonous to animals, but it's clear and tastes sweet, so they'll lick it, or walk in it and then lick their paws to clean them. Clean up any spills ASAP.

ICE & SNOW Salt and chemicals applied to sidewalks can be irritating to paws, and sometimes toxic if a dog licks his paws. If you live in an area that spends a fair share of winter covered in white, it's worth considering booties.

LEFTOVERS Don't treat pets to your treats. "We see more stomach issues from feeding pets foods you normally wouldn't around the holidays," Kinnarney says. And don't leave overstuffed garbage bags out. "We had a Doberman who ate a full 30-gallon trash bag," he says.

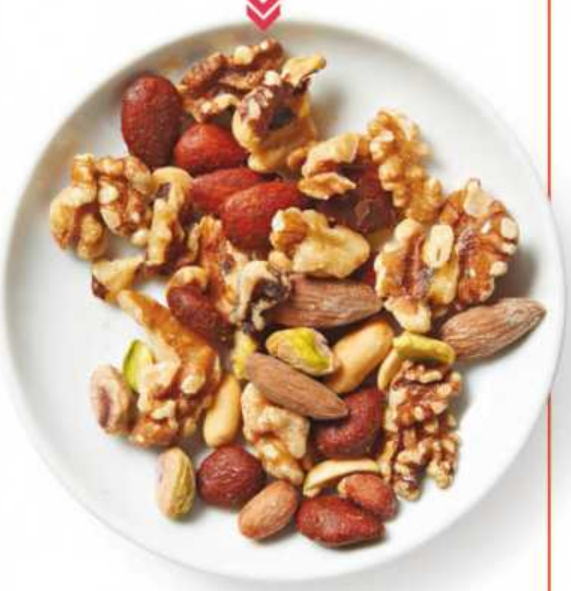
DECORATIONS Cats might eat pine needles shed by the Christmas tree (which can cause stomach problems), or get tangled in tinsel or electrical cords. Vacuum regularly and try to keep cords off the floor. And remember, poinsettias are mildly toxic to cats and dogs, so place them where pets can't nibble.



Swap this creamy dip for a more healthful hummus.

health showdown

Is it better to have the nuts or the crudités at a cocktail party?



Go nuts!

Thanks to a combo of protein, healthy fat, and fiber, nuts can ease hunger pangs, says Ruth Frechman, R.D., author of *The Food Is My Friend Diet*. A single handful is about 172 calories. Take one and remember to step away from the bowl (no mindless munching). Have dinner plans after the party? Help yourself to veggies instead, but skip the dip, which can add up to 100 calories per tablespoon. ■

PHOTOS: (BALM) MARTY BALDWIN, (FOOD) ANDY LYONS; FOOD STYLING: JILL LUST



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ten best indoor

WATER PARKS

Pack your swimsuits and go where twisty slides and lazy rivers offer indoor fun no matter the weather.

BY LARRY BLEIBERG
ILLUSTRATION BY SARA FRANKLIN



1 **Wilderness Resort** ***Wisconsin Dells, WI*** Just one of the offerings at the Dells (the "Waterpark Capital of the World"), this resort has the nation's largest indoor wave pool. **TOWEL OFF:** Catch Jeremy Allen's Grand Illusions show. *wildernessresort.com*

2 **Schlitterbahn** ***Galveston Island, TX*** Have a race uphill on dual coasters, float away on two intersecting rivers, then retreat to your private cabana. **TOWEL OFF:** Visit nearby Moody Gardens, an indoor eco-adventure park/rain forest, where you can take a biologist-led tour to meet penguins when they return to the aquarium in March. *schlitterbahn.com*

3 **Kahuna Laguna** ***North Conway, NH*** This tropical-theme park offers splashy fun in the three-story slide tower and wave pool with waterfalls and 3-foot waves. **TOWEL OFF:** Shop tax-free at 60 stores at Settlers' Green Outlet Village. *kahunalaguna.com*

4 **Aquatopia at Camelback Resort** ***Tannersville, PA*** A ski mountain locale means you can snowboard, surf, and waterslide in the same day. Between activities, you can help your muscles recover with a massage at the spa. **TOWEL OFF:** Head to Camelback Mountain's 42-lane snow tubing park. *camelbackresort.com*

5 **Water Park of America** ***Bloomington, MN*** Don't miss the 10-story raft ride at this splash palace 1 mile from the Mall of America. See-through slides route riders outside the building. **TOWEL OFF:** Try a ropes course and visit the aquarium at the mall. *waterparkofamerica.com*

6 **Massanutten Resort WaterPark** ***Massanutten, VA*** Adults and kids can buddy up on slides, and with options for beginner swimmers and an indoor-outdoor hot tub, everyone's happy. **TOWEL OFF:** With a resort activity card, you can get discounts at nearby Grand Caverns and other activities. *massresort.com*

7 **Wings & Waves Waterpark** ***McMinnville, OR*** Splash and learn at this water park/science museum that teaches about the power of water. Four slides start from a 747 on the roof. **TOWEL OFF:** Check out the science and aviation exhibits at the adjoining museums. *evergreenmuseum.org*

8 **Kalahari** ***Sandusky,OH*** An African-theme adventure near Lake Erie boasts a 500-foot Zip Coaster with 30-second free falls. **TOWEL OFF:** Put together your own package to include perks such as game room passes and spa credits. *kalahariresort.com*

9 **Silver Rapids** ***Kellogg, ID*** Who says you can't surf in the middle of the Rockies? Grab a board and catch a wave on the FlowRider, then try the Warm Spring, a spa-like pool that's slightly cooler than a hot tub. **TOWEL OFF:** Snow sports galore. *silvermt.com*

10 **Great Wolf Lodge** ***Concord, NC*** Choose your own adventure: a treehouse connected by suspension bridges, the wave pool, or an agility course set in a pool. At the hotel, your family can head down to the lobby in PJs to enjoy evening story hour. **TOWEL OFF:** Take a ride in a real NASCAR vehicle at nearby Charlotte Motor Speedway. *greatwolf.com* ■

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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE



HOLIDAY SPEAKEASY, pages 30–36
For more recipes and information on Dan Scott and Marie Buck Scott's cocktail catering company, The Whaling Club, visit *thewhalingclub.com*.



MERRY & BRIGHT, pages 43–50
Visit Stacey Blake's blog: *designaddictmom.blogspot.com*.

MIDAS TOUCH, pages 88–93
Design—David Stark, David Stark Design, Brooklyn, New York; *davidstarkdesign.com*.

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RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

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lunchables.com



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silk.com

*Silk Original Cashewmilk: 60 cal/serv; Silk Unsweetened Cashewmilk: 25 cal/serv; skim dairy milk: 80 cal/serv. USDA National Nutrient Database for Standard Reference, Release 27. Data consistent with typical skim dairy milk.

i did it!

"The only place to store our winter gear was in our living room. I wanted style, not just storage."

Ashley Thurman

AT HOME WITH Ashley Thurman, who writes the blog Cherished Bliss about DIY projects in her Appleton, Wisconsin, home.

HER PROJECT Make a mini mudroom by building a bin-holding bench (one day, $30) and a chalkboard (two hours, $20). "They're great beginner projects," Ashley says.

BEST PART "The chalkboard is a fun background for all seasons and holidays. My kids love to cover it in their imagination."

BIGGEST CHALLENGE "Deciding on the color of the stain."

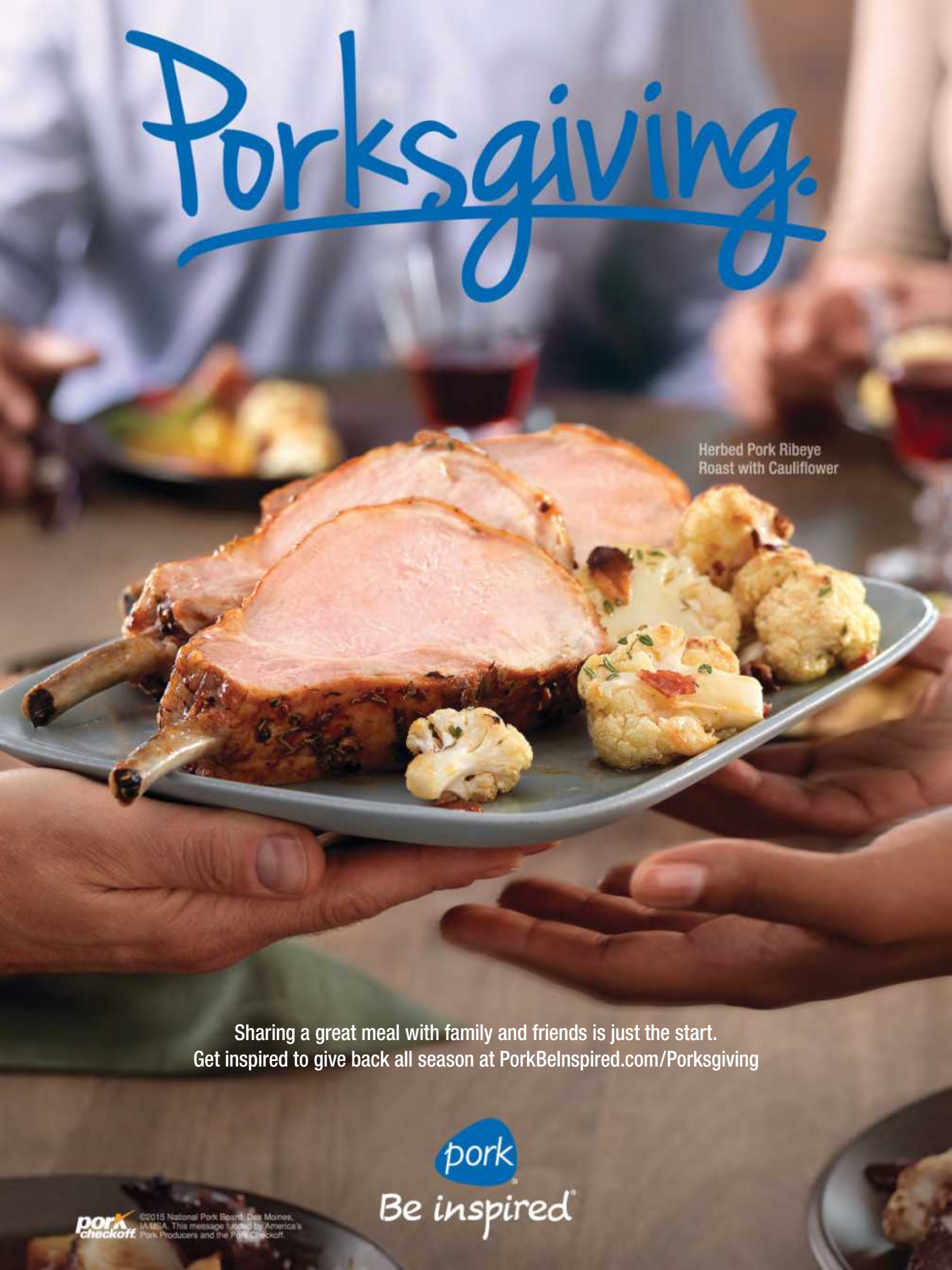
NEXT PROJECT "A huge media wall console."

Share your success story! E-mail photos of you with your latest home project to IDidIt@meredith.com. ■



PROJECT HOW-TOS
Get the instructions for this bench and chalkboard.
BHG.com/DecProjects

FOR COMPLETE BUYING INFORMATION: *BHG.COM/RESOURCES*. BY KIT SELZER. PHOTO: GREG SCHEIDEMANN. STYLING: CHAR HATCH LANGOS. BETTER HOMES AND GARDENS® (ISSN-0006-0151), DECEMBER 2015, VOL. 93, NO. 12, IS PUBLISHED MONTHLY BY MEREDITH CORPORATION, 1716 LOCUST STREET, DES MOINES, IA 50309-3023. U.S.A. PERIODICALS POSTAGE PAID AT DES MOINES, IOWA, AND AT ADDITIONAL MAILING OFFICES. SUBSCRIPTION PRICES, $22 PER YEAR IN THE U.S.; $35 (U.S. DOLLARS) IN CANADA; $35 (U.S. DOLLARS) OVERSEAS. BETTER HOMES AND GARDENS IS A REGISTERED TRADEMARK IN THE UNITED STATES, CANADA, AND AUSTRALIA. BETTER HOMES AND GARDENS, MARCA REGISTRADA EN MEXICO. POSTMASTER: SEND ALL UAA TO CFS. (SEE DMM 707.42.3); NON-POSTAL AND MILITARY FACILITIES: SEND ADDRESS CORRECTIONS TO BETTER HOMES AND GARDENS, P.O. BOX 37508, BOONE, IA 50037-0508. IN CANADA: MAILED UNDER PUBLICATIONS MAIL SALES PRODUCT AGREEMENT NO. 40069229; CANADIAN BN 12348 2887 RT. RETURN UNDELIVERABLE CANADIAN ADDRESSES TO BETTER HOMES AND GARDENS, PO BOX 882 STN MAIN, MARKHAM ON, L3P 3J9.
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